

STUDY TITLE:
ESTIMATED POTENTIAL DIETARY INTAKE OF CRY9C PROTEIN
BASED ON MEASUREMENTS OF CRY9C IN PROCESSED FOODS
MADE FROM 100% STARLINK™ CORN

DATA REQUIREMENT:
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No claim of confidentiality is made for any information contained in this report on the basis of its falling within the scope of FIFRA Section 10 (d)(1)(A),(B), or (C).

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GOOD LABORATORY PRACTICE COMPLIANCE STATEMENT

The following information is not subject to the principles of 40 CFR 160, GOOD LABORATORY PRACTICE STANDARDS (GLP), as promulgated in *Federal Register*, 54, No. 158, 34067-34704, 17 August 1989. Several studies used as references for this document, however, were conducted in accordance with the appropriate GLP standards as verified by the GLP compliance statements found in these reports.

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QUALITY ASSURANCE STATEMENT

REPORT TITLE: Estimated Potential Dietary Intake of Cry9c Protein Based on
Measurements of Cry9c in Foods Made from 100% Starlink™
Corn

REPORT
IDENTIFICATION: StarLink™ 01-01

This report was audited and reviewed with respect to the study data and the residue files used for the exposure assessment. The data summary tables were derived using an electronic spreadsheet (Excel®). The results of the formulae used in the spreadsheet were independently verified. The information in the text of the report is representative of the data tables; the report contents accurately reflect the data.

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**ESTIMATED POTENTIAL DIETARY INTAKE OF CRY9C PROTEIN
BASED ON MEASUREMENTS OF CRY9C IN PROCESSED FOODS
MADE FROM 100% STARLINK™ CORN**

EXECUTIVE SUMMARY

Novigen Sciences, Inc. (Novigen) performed a refined worst-case assessment of potential dietary intake of Cry9C protein from processed foods containing StarLink™ corn using new data.

This assessment included some refinements over the previous Aventis assessment (November 3, 2000, MRID #45256701), in that:

- Actual measurements of Cry9C levels in processed foods were used rather than estimates based on protein content of corn grain;
- The analysis was done at the level of foods as eaten;
- Potential exposure contribution from cornstarch was specifically considered, based on recipes rather than estimates;
- This assessment incorporated the assumption that 0.125% of corn in the US food supply is StarLink™ corn, which corresponds to the 20 ppb limit of detection of the Lateral Flow Strip Test.

Different corn grain-containing foods will contain different amounts of corn protein, and, therefore, different amounts of Cry9C. Therefore, Aventis analyzed a broad spectrum of corn-containing foods to determine the Cry9C content in foods “as eaten.” Aventis provided Novigen with Cry9C concentrations in processed food items. The items analyzed for Cry9C protein content by Aventis represent 90% of the US consumption of foods containing corn protein.

To be conservative, this analysis included cornstarch as a potential source of dietary exposure to Cry9C. However, EPA has determined that “... there is virtually no potential human exposure to Cry9C protein from consumption of corn starch.” (White Paper on the Possible Presence of Cry9C Protein in Processed Human Foods Made from Food Fractions Produced through the Wet Milling of Corn, March 7, 2000, p. 14).

This assessment estimated reasonable worst-case potential Cry9C dietary intake based upon the assumption that 0.125% of US corn food supply is StarLink™ corn. This corresponds to the sensitivity of the Lateral Flow Strip Test, which has been validated by Grain Inspection Packers and Stockyards Administration (GIPSA), and testing endorsed by FDA and USDA for testing yellow corn (FDA Recommendations for Sampling and Testing Yellow Corn and Dry-milled Yellow Corn Shipments Intended for Human Food Use for Cry9C Protein Residues, FDA-CFSAN, January 19, 2001). This approach essentially assumes that StarLink™ is present in all yellow corn at the limit of detection (20 ppb) of the Lateral Flow Strip Test. Use of the Lateral Flow Strip Test on inbound shipments of corn grain to elevators and millers is a key component in the Aventis Corn Containment Program. Under this program, shipments of corn at or above 20 ppb are rejected and redirected to animal feed or industrial use.

The estimated dietary intakes were calculated on a “per (corn) consumer” basis, that is, based on the food consumption of people who, in the Continuing Survey of Food Intakes by Individuals (CSFII), reported consuming corn foods. The Cry9C intake estimates reported here therefore greatly overestimate the potential dietary exposure to Cry9C for more than 75% of the US population, who consume no Cry9C on any given day. Potential Cry9C intake is less than 0.1 micrograms per day (0.0000001 gram) for at least 95% of the US population on any given day.

The highest estimated dietary intake of Cry9C is for the overall US population. On a “per consumer” basis, the estimated dietary intake of Cry9C is approximately 0.37 micrograms per day at the 99th percentile. This is approximately 8 times less than the previously estimated exposure, 3 micrograms per day (November 3, 2000, MRID #45256701).

The previous analysis greatly underestimated the effects of temperature, pressure, alkali treatment, and shear on the potential Cry9C content of the food. The current worst-case estimates of potential Cry9C intake from these foods, prepared from 100% StarLink™ corn, is extremely low, and much lower than previously calculated.

Even the extremely low levels of estimated potential Cry9C intake reported here are very conservative, and are overestimates of the true potential for dietary intake of Cry9C from StarLink™ corn. Major factors contributing to the conservatism of the current intake estimates are:

- The analysis used Cry9C concentrations measured in foods prepared from 100% StarLink™ corn. This approach is equivalent to assuming that all foods consumed in a given day that contain corn protein are made exclusively from StarLink™, and that those foods contain no other kind of corn, either yellow or white.
- No adjustment was applied for the significant usage of white corn, which does not contain Cry9C, in the production of certain corn food products.

- This assessment incorporated the assumption that 0.125% of corn in the US food supply is StarLink™ corn, which corresponds to the limit of detection of the Lateral Flow Strip Test (20 ppb).
 - Even though non-detectable residues were reported in some samples for soft tortillas and fried tortilla chips, the maximum value from all samples was used in the analysis.
 - A Cry9C concentration of 0.35 ppb (the limit of detection of the EnviroLogix ELISA method) was assumed to be present in foods that contained nondetectable levels.
 - For foods not similar to those that had been made with 100% StarLink™ corn and analyzed for Cry9C content, this assessment assumed they contain Cry9C at levels measured in 100% StarLink™ corn meal and corn flour. Corn meal and corn flour contained the highest amounts of the protein.
- No processing factor was used to adjust for reduction of Cry9C due to cooking or baking of these foods.

The worst-case potential dietary intakes of Cry9C at the 99th percentile presented here range from 0.15 micrograms per day (Hispanic children 1 to 6 years of age) to 0.37 micrograms per day (US population). A microgram is one millionth of a gram or 3.5×10^{-8} ounces. These estimated Cry9C protein dietary intake levels are extremely low, and are well below daily intake of total dietary protein (219,600,000 micrograms per day) and total corn protein (9,752,000 micrograms per day). This newly refined dietary intake estimate of the Cry9C protein is 67 times lower than the EPA's November 2000 upper bound estimate (25 micrograms per day), and 8 times below the Aventis November 2000 estimate (3 micrograms per day).

The FIFRA Scientific Advisory Panel (SAP), after considering the November 2000 Aventis and EPA exposure estimates, concluded that "... the apparent low level of Cry9C protein entering the human diet make it a low likelihood that StarLink™ corn has resulted in sensitization of some individuals to the Cry9C protein." (SAP Report No. 2000-06, December 1, 2000, Assessment of Scientific Information Concerning StarLink Corn, p.13). The current assessment results in even lower potential levels of Cry9C in the US food supply than those considered by the SAP, further minimizing the likelihood that Starlink™ corn has resulted in any sensitization.

I. INTRODUCTION

A. Background

At the request of Aventis CropScience USA (Aventis), Novigen Sciences, Inc. (Novigen) performed a new assessment of the worst case potential dietary intake of Cry9C from foods containing StarLink™ corn, using new data, direct measurements of Cry9C levels in selected foods made from 100% StarLink™, as suggested by the FIFRA SAP (SAP Report No. 2000-06, December 1, 2000). The assessment also uses 0.125% as the percentage of the U.S. food corn supply that is StarLink™, based upon the Aventis StarLink™ Corn Containment Program. A previous assessment (“Revised Updated Safety Assessment of StarLink™ Corn Containing Cry9C Protein,” November 3, 2000, MRID # 45256701) had relied on estimates of Cry9C in corn based on the fact that Cry9C represents 0.0129% of crude protein in corn grain, and that 0.4% of the U.S. food corn supply was StarLink™.

B. Approach and Methodology

1. General Approach

Worst case estimates of potential dietary intake of Cry9C protein from StarLink™ corn were calculated using Novigen’s Foods and Residue Evaluation Program (FARE™) software, food consumption data in the 1994-1996 USDA's Continuing Survey of Food Intakes by Individuals (CSFII), and Aventis data on the levels of Cry9C protein measured in various processed corn foods made with 100% StarLink™ corn. Dietary intake of Cry9C was calculated as the product of food consumption (i.e., of corn protein-containing foods as reported in the CSFII) and the concentration of Cry9C in foods made from 100% StarLink™ corn, based upon data from Aventis (analyzed using the EnviroLogix ELISA), and an upper bound estimate of the amount of StarLink™ that potentially remains in food channels. Processing factors were not used in this analysis, as direct measurements of Cry9C in prepared foods were available. However, it is apparent from the Aventis data that processing can dramatically reduce Cry9C levels. (See below).

Intakes were estimated on a “per consumer” basis, that is, using food consumption data in the CSFII from people who reported eating corn foods.

Intakes were estimated for the overall US population, children 1 to 6 years of age, children 7 to 12 years of age, the Hispanic population in the US, Hispanic children 1 to 6 years of age, and Hispanic children 7 to 12 years of age.

2. Foods Included in the Assessment

The complete list of foods included in this analysis can be found in Appendix 1.

Foods composed of any protein-containing fractions of corn (i.e., flour, meal, bran and cornstarch) have been included in this analysis.

The inclusion of cornstarch in the analysis is a very conservative approach. EPA's FIFRA Scientific Advisory Panel (SAP) that met on November 28, 2000 stated, "As is entirely appropriate, both the Agency and Aventis count only those ingredients that contain protein after processing in assessing dietary exposure. Thus foods containing corn bran and corn endosperm are counted, while corn syrup, corn oil, starch, and other food forms made from corn grain are not counted since they contain virtually no protein." Subsequent to the SAP meeting, EPA decided to review wet milling methods and products (i.e., high fructose corn syrup, corn oil, ethanol and corn starch) in further detail. That review, released for public comment on March 7, 2001, provides additional confirmation for this approach, stating,

"Data show that corn protein will not be present in high fructose corn syrup, corn oil, or alcohol (ethanol). Data also indicate that corn starch will contain, at most, such extremely low levels of corn protein that there is virtually no potential human exposure to Cry9C protein from consumption of corn starch." (White Paper on the possible Presence of Cry9C Protein in Processed Human Foods Made from Food Fractions Produced through the Wet Milling of Corn, p. 14)

3. Software and Recipe Files

The previous assessment (MRID # 45256701) was conducted with the Dietary Exposure and Evaluation Model (DEEM™) software, which calculates exposure based upon the raw agricultural commodities (RACs) of which foods are composed. DEEM™ is generally used when residue data are available for RACs. DEEM™ was used in prior StarLink™ analyses because the available data were levels of Cry9C in corn grain.

In contrast, FARE™ analyses are conducted at the level of foods as eaten. FARE™ is generally used when residue data are available for prepared foods. For example, the food "enchilada with beans, cheese and salsa" is in FARE™; DEEM™ contains this food's RAC components, which include wheat flour, corn endosperm, tomatoes, onions, and milk fat. As measured levels of Cry9C in processed foods are now available, the current analysis was conducted using FARE™.

Novigen's FARE™ and DEEM™ software programs use a set of proprietary translation and recipe files, developed by Novigen to translate the foods reported in the CSFII into their components. For example, corn grain is translated into the following components: bran, sugar (high fructose corn syrup), sugar (molasses), corn oil, and corn endosperm. In Novigen's FARE™, corn endosperm includes corn flour, corn meal, corn bran and cornstarch.

A more refined approach to estimating cornstarch consumption has become possible. Recently, EPA and USDA have developed their own set of recipe files for the CSFII food consumption data, available through the National Technical Information Service (NTIS, # PB2000500101). While these EPA recipe files are still subject to a quality assurance review, they have a significant advantage for the analysis of dietary intake of Cry9C: cornstarch is separate from corn endosperm. The EPA recipes were used as the default approach, in order to more accurately assess Cry9C in the different corn fractions, specifically cornstarch.

4. Levels of Cry9C in Processed Foods

Table 1 presents the measured levels of Cry9C used in this assessment.

The foods analyzed by Aventis were all prepared from 100% StarLink™ corn. It is extremely unlikely that any food would contain 100% StarLink™ corn for the following reasons:

- The Aventis Corn Containment Program tests inbound shipments of corn grain to elevators and millers via the Lateral Flow Strip Test, rejecting and redirecting (to animal feed or industrial use) any shipment at or above 20 ppb StarLink™ Corn.
- Corn is mixed throughout the distribution channels; and
- Due to the nationwide distribution of processed foods, it is extremely unlikely that any food would contain 100% StarLink™ corn.

Even if it were possible for an individual to consume one food product made from 100% StarLink™ corn, the probability is infinitesimally small that every single source of corn consumed in the same day by that person would all be made from 100% StarLink™ corn. Therefore, the concentrations of Cry9C used in this analysis represent a very conservative estimate of Cry9C protein levels in food consumed by the US population.

Appendix 1 lists the 1,357 corn food products containing protein. The foods selected by Aventis for measurement of Cry9C content represent approximately 90% of the consumption of foods reported in the CSFII that are made with protein-containing corn fractions (flour, meal, bran and cornstarch) (see Table 2).

Because Cry9C measurements were not available for all 1,357 foods with corn-protein-containing ingredients in the CSFII database, Novigen applied Aventis data to other foods, based on product and processing similarities. For example, Aventis analyzed cooked polenta for Cry9C content. Cooked grits were not analyzed. Since grits and polenta are both made from corn meal and are both prepared by boiling, the Cry9C level reported for polenta was also used for grits. Table 3 presents key characteristics of the foods, analyzed by Aventis, that Novigen considered in determining similarity. Foods not directly analyzed for Cry9C, to which Novigen assigned the various measured Cry9C values, are grouped according to similarities and listed in Appendix 2.

For several foods included in the CSFII database, Novigen was unable to determine similarity to foods analyzed by Aventis. For these foods, the Aventis data for corn meal and corn flour were used, which had the highest Cry9C levels for any food analyzed. This drastically overestimates Cry9C in these foods because it does not account for the Cry9C losses in cooking, baking, or processing demonstrated by the Aventis data. A list of these foods is presented in Appendix 2.

As previously explained, the measured values for Cry9C protein content in foods were applied to other foods that had not been directly analyzed, based upon product and processing similarities. The measured Cry9C levels were adjusted for any differences in the amount of corn in the two foods. For example, as described above, based on product and processing similarities Novigen assumed the Cry9C measurement of polenta as prepared for consumption is an appropriate value to use for grits. However, since the corn content of polenta analyzed by Aventis was 12% and that of grits is 19%, the polenta Cry9C value was increased in proportion to the percentage of corn in the grits recipe. The percentages of corn in the foods analyzed by Aventis were derived from the study protocol recipes. In those cases where the study protocol did not provide sufficient information to enable calculation of the percentage of corn in the prepared food (tortillas, taco shells, tortilla chips, and corn puffed cereal), the percentage of corn for these foods in the Novigen recipe files was used. The percentage of corn in foods analyzed by Aventis is included in Table 4.

The limit of detection (LOD) of the EnviroLogix ELISA method used by Aventis to analyze processed foods for Cry9C was 0.35 ppb. Where no detectable residues were reported, Novigen conservatively used the limit of detection as the concentration of Cry9C in that food and similar foods. Therefore, for purposes of this assessment, many foods were assumed to contain 0.35 ppb Cry9C even though they may actually contain virtually none at all.

There were multiple samples analyzed for soft tortillas and fried tortilla chips. One sample for soft tortillas and two samples for fried tortilla chips were less than the LOD. As a conservative estimate, the maximum detectable value for each food was used in the analysis.

The EPA November dietary intake estimates were based on an estimated residue level of Cry9C in corn of 12.9 ppm.

In the Aventis November dietary intake estimates, it was assumed that corn contains 10% crude protein and the amount of Cry9C protein in the crude protein is 0.0129%, equivalent to 12.9 ppm.

The current assessment uses direct measures of the actual Cry9C levels in processed food products made from 100% StarLink corn, which are significantly lower than both the Aventis and EPA previous estimates due to the impacts of processing.

5. Percent of US Food Corn that is StarLink

This analysis assumed that 0.125% of food corn is StarLink™. This corresponds to the sensitivity of the Lateral Flow Strip Test, which has been validated by GIPSA, and testing endorsed by FDA and USDA for testing yellow corn, according to the recommended sampling methods (FDA Recommendations for Sampling and Testing Yellow Corn and Dry-milled Yellow Corn Shipments Intended for Human Food Use for Cry9C Protein Residues, FDA-CFSAN, January 19, 2001). This approach essentially assumes that StarLink™ is present in all yellow corn at the limit of detection of the Lateral Strip Test, 20 ppb. Use of the Lateral Flow Strip Test on inbound shipments of corn grain to elevators and millers is a key component in the Aventis Corn Containment Program. Under this program, shipments of corn at or above 20 ppb are rejected and redirected to animal feed or industrial use. The Corn Containment program assures that no shipments at or above 20 ppb move further down the human food channel.

The EPA November dietary intake estimates were based on the following:

- The estimated upper bound percentage of the corn grain in the human food supply that may be StarLink in the year 2000 was 1.5%, based on estimates of acres planted and compliance with restrictions on disposition of StarLink corn.

The Aventis November dietary intake estimates were based on the following:

- In the year 2000, an estimated 0.4% of the U.S. corn supply was StarLink corn.

Unlike these previous November dietary intake analyses, which were based on estimates of StarLink in the US corn food supply, the current refined assessment reflects Aventis' extensive efforts to appropriately channel StarLink corn through the Corn Containment Program. This assessment assumes that StarLink could be present in food corn at 0.125% or 20 ppb, the limit of detection of the Lateral Flow Strip Test.

The assumption that all foods that contain corn flour, meal, bran or cornstarch contain 0.125% StarLink™ corn is very conservative. Not only does it overstate the amount StarLink™ that may potentially be used in human food, but in addition, it ignores the fact that some foods (e.g., white grits) are prepared using only 100% white corn, which does not contain Cry9C.

In the 2000 crop year, domestic white corn production was 135,323 million bushels, of which 64,500 million bushels were used in production of food, primarily snack foods. The amount of white corn used domestically in food has increased significantly in the past year (58,500 million bushels in 1999), and is expected to increase again in 2001 (personal communication, Chris Morley, Global Risk Management). Therefore, contribution of snack foods, such as tortilla chips, to Cry9C exposure is overestimated in this analysis.

6. “Per Consumer” Intake Estimates

Worst case potential dietary intakes of Cry9C were estimated on a “per consumer” rather than *per capita* basis. This means that Novigen used only those food consumption data reported in the CSFII by people who eat corn-containing foods. The estimates reported here give a picture of worst-case potential exposure for people who eat corn-containing foods, but these estimates apply to only about 25% of the US population. According to the CSFII, more than 75% of the US population consumes no Cry9C on any given day. Potential Cry9C intake is less than 0.1 micrograms per day (0.0000001 gram) for at least 95 percent of the US population on any given day.

7. Statistical Reliability of Intake Estimates

Notes accompanying the data tables from the CSFII survey caution that intake estimates based on small cell sizes (i.e., small numbers of observations) tend to be less reliable. According to US government policy (Joint Policy on Variance Estimation and Statistical Reporting Standards for the NHANES III and CSFII Reports, Federation of American Societies for Experimental Biology, Life Science Research Office, 1995), statistically unreliable estimates are to be identified (“flagged”) for the information of users. USDA provides a formula for identifying the minimum number of observations needed for an intake estimate above the 75th percentile to be statistically reliable. Based on application of this formula, we included only the 99th percentile intakes for those populations for which these estimates are statistically reliable, according to federal government policy for use of the survey data.

II. RESULTS AND DISCUSSION

A. Intake Estimates

The worst-case estimates of potential Cry9C intake for corn consumers in the US population and all subgroups with statistically reliable data at the 99th percentile are presented in Table 5.

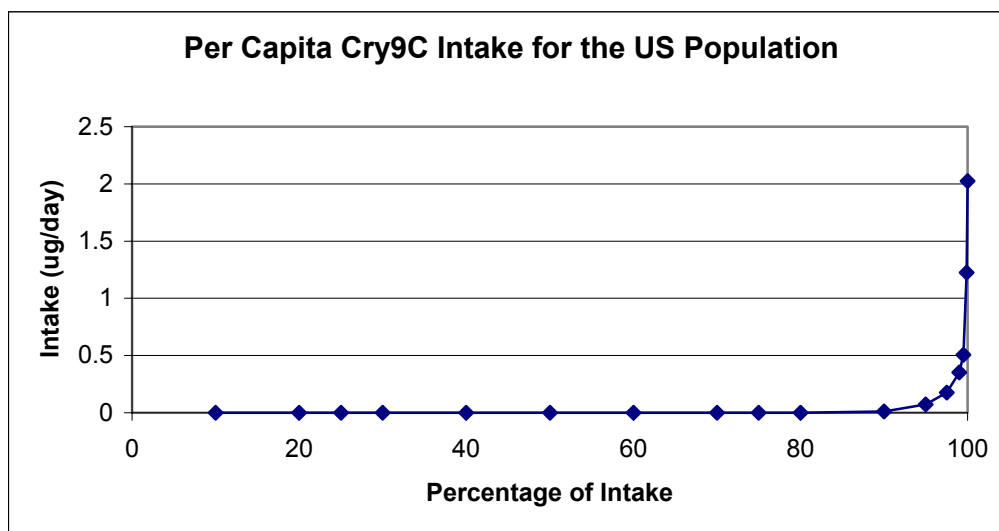
US Population

The highest estimated dietary intakes of Cry9C at the 99th percentile are for the US population at 0.37 micrograms per day.

A graphical representation of the estimated Cry9C intakes on a *per capita* basis in Figure 1 shows there is zero potential Cry9C intake for at least 75% of the US population and intake is less than 0.1 microgram (0.0000001 g) for 95% of the US population on any given day.

FIGURE 1

CUMULATIVE DISTRIBUTION OF CRY9C INTAKE, *PER CAPITA*



US Children, 1 to 6 years of age

At the 99th percentile, the estimated intake is 0.25 micrograms per day on a “per consumer” basis.

All Hispanic Population in US

At the 99th percentile, the estimated intake is 0.21 micrograms per day on a “per consumer” basis.

Estimates for US children 7 to 12 years of age (0.24 micrograms per day), Hispanic children 1 to 6 years of age (0.15 micrograms per day), and Hispanic children 7 to 12 years of age (0.14 micrograms per day) were not statistically reliable at or above the 95th percentile. However, estimated intakes for all three subpopulations were less than intake for US children 1 to 6 years of age at the 99th percentile.

B. Contributions of the Different Food Groupings to Potential Cry9C Intake

To gain perspective on the intake estimates, an analysis was conducted to determine how the different food groupings contribute to exposure. The results of this analysis are presented in Table 6. For the entire US population, on a *per capita basis*, the groupings containing cornbread and corn muffins (and similar foods) contribute about 70% of the estimated potential Cry9C intake, at the mean. This is a combination of both the high consumption of these foods and the Cry9C concentrations assumed to be present in all these foods (based on Aventis measurements of corn bread and corn muffins made from 100% StarLink™).

C. Refinements and Conservatisms in the Assessment

The highest estimated dietary intakes of Cry9C are for the overall US population; on a “per consumer” basis, the estimated dietary intake of Cry9C is 0.37 micrograms per day at the 99th percentile. This is 8 times less than the previously estimated exposure, 3.0 micrograms per day (November 3, 2000, MRID #45256701).

This assessment included several refinements over the previous Aventis assessment (November 3, 2000, MRID #45256701), in that:

- Actual measurements of Cry9C levels in foods as eaten were used rather than estimates based on protein content of corn;
- This analysis was conducted at the level of foods as eaten;
- Potential exposure contribution from cornstarch was specifically considered, based on recipes rather than estimates;

- The latest information concerning the potential percentage of StarLink™ remaining in the channels of trade was incorporated into the assessment.

The analysis is still extremely conservative and overestimates the true potential for dietary intake of Cry9C from StarLink™ corn. Major factors contributing to the conservatism of the intake estimates are:

- Cry9C concentrations were analyzed in foods prepared with 100% StarLink™ corn.
- Where Cry9C was not detected, Cry9C was assumed to be present at the LOD, 0.35 ppb, in that food and all similar foods.
- Even though non-detectable residues were reported in some samples for soft tortillas and fried tortilla chips, the maximum value from all samples was used in the analysis.
- The significant usage of white corn, which does not contain Cry9C, in foods such as snack foods and cooked cereals, was not considered.
- Cornstarch was included in the analysis.
- StarLink™ corn was assumed to be 0.125% of the entire food corn supply (that is, present at the limit of detection of the Lateral Strip Test).
- For foods not similar to those made with 100% StarLink™ corn and analyzed for Cry9C by Aventis, this assessment used Cry9C levels measured in corn meal and corn flour. In these cases, no processing factors were used to adjust for Cry9C loss on cooking or baking of the food.

D. Perspective: Comparative Intakes of Total Corn Protein and Total Food Protein

Estimates of total daily intake for total protein in the foods, using consumption data from the 1994-96 CFSII were used in this analysis (see Table 7).

At the 99th percentile, the estimated potential daily Cry9C intake, even for the most “highly exposed” population (0.37 micrograms per day for the US population), is 8 times below the November 2000 Aventis estimate of 3 micrograms per day, and 67 times less than the EPA’s November 2000 upper bound estimate of 25 micrograms per day.

For perspective, estimates of intake of total dietary protein and corn protein, compared to dietary intake estimates for Cry9C are shown in Table 7. The total dietary intake of the Cry9C protein by the US population at the 99th percentile is about 600,000,000 less than the total dietary protein intake and about 26,360,000 times less than the total corn protein intake for this subpopulation.

The FIFRA Scientific Advisory Panel (SAP), after considering the November 2000 Aventis and EPA exposure estimates, concluded that "... the apparent low level of Cry9C protein entering the human diet make it a low likelihood that StarLink™ corn has resulted in sensitization of some individuals to the Cry9C protein" (SAP Report No. 2000-06, December 1, 2000, Assessment of Scientific Information Concerning StarLink™ Corn, p.13). The current assessment results in even lower potential levels of Cry9C in the US food supply than those considered by the SAP, further minimizing the likelihood that Starlink™ corn has resulted in any sensitization.

III. CONCLUSION

The worst-case potential dietary intakes of Cry9C at the 99th percentile presented here range from 0.21 micrograms per day (Hispanic Population) to 0.37 micrograms per day (US population). (A microgram is one millionth of a gram or 3.5×10^{-8} ounces). These estimated Cry9C protein dietary intake levels are extremely low, and are well below daily intake of total dietary protein (219,600,000) and total corn protein (9,752,000 micrograms per day). This newly refined dietary intake estimate of the Cry9C protein is 67 times lower than the EPA's November 2000 upper bound estimate (25 micrograms per day), and 8 times below the Aventis November 2000 estimate (3 micrograms per day).

TABLE 1
CRY9C PROTEIN LEVELS IN FOOD PRODUCTS (RE: B003244)

Sample Description	Cry9C Protein (ppb¹)
NT ² Whole Grain	ND ³
StarLink Whole Grain	14,275 ± 640
Refined StarLink Oil	ND
StarLink Masa (dough) A&M ⁴	127 ± 2.2
StarLink Soft Tortillas, A&M	23.6 ± 1.4
StarLink Soft Tortillas, FRI ⁵	ND
StarLink Baked Taco Shells, FRI	ND
StarLink Fried Tortilla Chips, A&M	20.3 ± 1.7
StarLink Fried Tortilla Chips, FRI	ND
StarLink Fried Tortilla Chips, FRI	ND
StarLink Corn Puffs, FRI	ND
StarLink Corn Puffs, Diehl	4.6 ± 0.1
StarLink “Ringed” Cereal, FRI	4.5 ± 0.4
StarLink Corn Flakes, A&M	ND
StarLink Polenta	483 ± 32.5
StarLink Polenta	645 ± 93.7
Average Polenta Value	564 ⁶
StarLink Corn Muffins	674 ± 422
StarLink Corn Muffins	906 ± 475
Average Corn Muffins Value	790 ⁶
StarLink Corn Bread	2,361 ± 206
StarLink Corn Bread	2,273 ± 194
Average Corn Bread Value	2316 ⁶
StarLink Hush Puppies	2,636 ± 158

¹ ppb: Parts per billion

² NT: Non-StarLink control sample

³ ND: Not detected

⁴ A&M: samples produced at Texas A&M University

⁵ FRI: samples produced at FRI

⁶ Because of the relatively high values observed in polenta, corn muffins, and corn bread, each was sampled and assayed on two different dates. Values represent an average of the two assay dates. The high SD's reflect the large difference between samples. SD's within each sample were between 2.2 and 9.7% of the sample means.

TABLE 2

US CONSUMPTION FOR FOODS ANALYZED BY AVENTIS

Food Analyzed by Aventis	Percent of Daily US Consumption of Foods Containing Corn Protein
Soft Tortillas	11%
Baked Taco Shells	6%
Fried Tortilla Chips	24%
Corn Puffs	5%
Puffed Cereal	14%
Cereal Flakes	18%
Polenta	1%
Corn Muffins	2%
Corn Bread	7%
Hush Puppies	2%
Total	90%

TABLE 3

**SUMMARY OF PROCESSING METHODS AND THE EFFECTS ON PROTEIN
CONTENT IN CORN PRODUCTS**

Sample Description	Characteristics of Processing/Cooking				Cry 9C (ppb)	Corresponding Groups of Foods using data from analyzed foods (See Appendix 2)
	Cooking Method	Temperature	Time (Min.)	Surface area exposed to processing (Qualitative Rank)		
Prepared Foods						
Soft Tortillas	Grilled	355 °F on hot plate		High	23.6	A
Baked Taco Shells	Baked	425 °F	24	High	ND ¹	B
Fried Tortilla Chips	3 Step Process:			High	20.3	C
	Baked	380°F	2			
	Fried	370°F	NR ²			
	Microwave Dried	NR	NR			
Corn Puffs	NR	NR	NR	High	4.6	D
Puffed Cereal	NR	NR	NR	High	4.5	E
Corn Flakes	NR	NR	NR	High	ND ²	F
Polenta	Boiled	195 °F	36	Medium ³	564	G
Corn Muffins	Baked	400 °F	20	Medium	790	H
Corn Bread	Baked	400 °F	20	Low	2316	I
Hush Puppies	Fried	350°F	2	Medium	2634	J
Grains (No preparation by heat)						
Cornstarch	NA ⁵	NA	NA	NA	13.18	K
Dry Milled Corn Meal	NA ⁴	NA	NA	NA	15075	L
Corn Dry Milled Flour	NA ⁵	NA	NA	NA	15363	L

¹ ND: None detected; Grain: LOD=0.35 ppb, Grain: LOQ=7.5 ppb; Food: LOQ range= 1-2.5 ppb

² NR= Not Reported. This information was not reported in the study protocol.

³ The preparation of polenta includes constant stirring, which helps disperse the heat throughout the food during the cooking stage.

⁴ NA= Not Applicable. Because corn meal, flour, and starch are not cooked/heated during process, processing characteristics are not applicable.

TABLE 4
PERCENTAGE OF CORN IN FOODS ANALYZED BY AVENTIS

Food Analyzed	Percentage of Corn
Tortillas	57% ¹
Tacos	71.4%
Tortilla Chips	72.8%
Corn Puffs	90% ²
Puffed Cereal	71%
Cereal Flakes	92%
Polenta	12%
Corn Muffin	18%
Corn Bread	18%
Hush Puppies	48%

¹ The percentage of corn in tortillas, tacos, tortilla chips, and corn puffed cereals was estimated using recipes for similar foods in FARE™.

² The percentage of corn in corn puffs, cereal flakes, polenta, corn muffins, corn bread, and hush puppies was calculated according to the study protocol.

TABLE 5

**“PER CONSUMER” ESTIMATES OF POTENTIAL CRY9C INTAKE
AT THE 99TH PERCENTILE (IN MICROGRAMS¹ PER DAY)**

	Worst-Case Potential Cry9C Intake (micrograms per day)
US Population	0.37
US Children 1 to 6 years of age	0.25
Hispanic Population	0.21
Hispanic Children 1 to 6 years of age²	0.15

¹ A Microgram is one millionth of a gram or 3.5 x 10⁻⁸ ounces.

² According to Federal Government policy and procedures this percentile estimate is not statistically reliable. See text.

TABLE 6
CONTRIBUTION OF FOOD GROUPINGS TO TOTAL CRY9C INTAKE FOR THE
OVERALL US POPULATION IN MICROGRAMS¹

Food Grouping	Percent of Total Mean Intake
A	0%
B	0%
C	0%
D	0%
E	0%
F	0%
G	21%
H	14%
I	57%
J	7%
K	0%
L	0%
Total	100%

¹ A Microgram is one millionth of a gram or 3.5×10^{-8} ounces.

TABLE 7
COMPARATIVE PROTEIN INTAKES

	99 th Percentile of Intake		
	Cry9C Protein from All Corn (micrograms/day)¹	All Protein from Corn (micrograms/day)	All Protein from All Foods (micrograms/day)
US Population	0.37	9,752,000	219,600,000
US Children 1-6	0.25	6,183,000	125,900,000
Hispanic Population	0.21	16,261,000	209,500,000
Hispanic Children 1-6	0.15 ²	6,818,000 ¹¹	130,200,000 ¹¹

¹ Intake estimates based on 0.125% of Starlink™ Corn.

² According to Federal Government policy and procedures, this percentile estimate is not statistically reliable. See text.

APPENDIX 1
FOODS INCLUDED IN THE ANALYSIS

APPENDIX 1

FOODS INCLUDED IN THE ANALYSIS

Alfredo sauce
 All-Bran with Extra Fiber
 Almond chicken
 Alpha-Bits
 Alpha-bits with marshmallows
 Apple Cinnamon Oh's Cereal
 Apple Cinnamon Squares
 Apple Jacks
 Apple Raisin Crisp
 Apple salad with dressing
 Apple yogurt dessert, baby food, strained
 Apples and cranberries with tapioca, baby food, strained
 Apples and cranberries, baby food, junior
 Applesauce with bananas, baby food, strained
 Asparagus soup, cream of, NS as to made with milk or water
 Asparagus soup, cream of, prepared with milk
 Asparagus, cooked, from fresh, fat added in cooking
 Atole (corn meal beverage)
 Bacon and cheese sandwich, with spread
 Bacon and egg sandwich
 Bacon and tomato dressing
 Bacon cheeseburger, 1/4 lb meat, with mayonnaise or salad dressing and tomatoes, on bun
 Bacon cheeseburger, 1/4 lb meat, with tomato and/or catsup, on bun
 Bacon dressing (hot)
 Bacon grease or meat drippings
 Bacon on biscuit
 Bacon or side pork, fresh, cooked
 Bacon soup, cream of, prepared with water
 Bacon, chicken, and tomato club sandwich, on multigrain roll with lettuce and spread

 Bacon, chicken, and tomato club sandwich, with lettuce and spread
 Bacon, lettuce, and tomato sandwich with spread
 Bacon, NS as to type of meat, cooked
 Bagel chip
 Baked beans, low sodium
 Baked beans, with tomato sauce
 Banana apple dessert, baby food, strained
 Bananas and pineapple with tapioca, baby food, junior
 Bananas and pineapple with tapioca, baby food, strained
 Bananas with tapioca, baby food, junior
 Bananas with tapioca, baby food, NS as to strained or junior
 Bar None
 Barbecue sauce
 Barbecue sauce, low sodium
 Basic 4

APPENDIX 1 (CONT'D)

Bean and ham soup, chunky style
 Bean soup with vegetables and rice, canned, reduced sodium, prepared with water or ready-to-serve
 Bean soup, NFS
 Bean with bacon or pork soup
 Beans, dry, cooked, NS as to type, fat added in cooking
 Beans, green string, creamed, baby food, junior
 Beans, lima, immature, cooked, from canned, with mushroom sauce
 Beans, string, green, cooked, from canned, with mushroom sauce
 Beans, string, green, cooked, from fresh, with mushroom sauce
 Beans, string, green, cooked, from frozen, fat added in cooking
 Beans, string, green, cooked, from frozen, with mushroom sauce
 Beans, string, green, cooked, NS as to form, with mushroom sauce
 Beef and macaroni with cheese sauce (mixture)
 Beef and noodles with (mushroom) soup (mixture)
 Beef and potatoes with (mushroom) soup (mixture)
 Beef and rice with (mushroom) soup (mixture)
 Beef and rice with soy-based sauce (mixture)
 Beef and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), no sauce (mixture)
 Beef and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)
 Beef and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), no sauce (mixture)
 Beef and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce (mixture)
 Beef barbecue or Sloppy Joe, on bun
 Beef barbecue submarine sandwich, on bun
 Beef dinner, NFS (frozen meal)
 Beef enchilada dinner, NFS (frozen meal)
 Beef enchilada, chili gravy, rice, refried beans (frozen meal)
 Beef jerky
 Beef salad
 Beef short ribs, boneless, with barbecue sauce, potatoes, vegetable (frozen meal)
 Beef steak with rice, vegetable (diet frozen meal)
 Beef steak, battered, fried, lean and fat eaten
 Beef steak, battered, fried, lean only eaten
 Beef steak, battered, fried, NS as to fat eaten
 Beef stew, baby food, toddler
 Beef stroganoff
 Beef stroganoff soup, chunky style
 Beef stroganoff with noodles
 Beef vegetable soup with noodles, stew type, chunky style
 Beef vegetable soup with potato, stew type
 Beef vegetable soup with rice, stew type, chunky style
 Beef with (mushroom) soup (mixture)
 Beef with barbecue sauce (mixture)
 Beef with noodles, vegetable (frozen meal)
 Beef with soy-based sauce (mixture)
 Beef with spaetzle or rice, vegetable (frozen meal)
 Beef with sweet and sour sauce (mixture)

APPENDIX 1 (CONT'D)

Beef with vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), (mushroom) soup (mixture)
 Beef with vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), (mushroom) soup (mixture)
 Beef with vegetables, baby food, toddler
 Beef, baby food, junior
 Beef, baby food, strained
 Beef, bacon, cooked
 Beef, bacon, formed, lean meat added, cooked
 Beef, broth, bouillon, or consommé, dry, not reconstituted
 Beef, broth, bouillon, or consommé, low sodium, dry, not reconstituted
 Beef, dried, chipped, uncooked
 Beef, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), (mushroom) soup (mixture)
 Beef, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), soy-based sauce (mixture)
 Beef, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), (mushroom) soup (mixture)
 Beef, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)
 Beef, oriental style, with vegetable, rice, and fruit dessert (diet frozen meal)
 Beef, pastrami (beef, smoked, spiced)
 Beef, pickled
 Beef, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), (mushroom) soup (mixture)
 Beef, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), (mushroom) soup (mixture)
 Beef, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), (mushroom) soup (mixture)
 Beef, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), soy-based sauce (mixture)
 Beef, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), (mushroom) soup (mixture)
 Beef, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)
 Beef, shortribs, barbecued, with sauce, lean and fat eaten
 Beef, shortribs, barbecued, with sauce, lean only eaten
 Beef, shortribs, barbecued, with sauce, NS as to fat eaten
 Beef, sliced, with gravy, barley and wild rice, vegetables (diet frozen meal)
 Beef, sliced, with gravy, potatoes, vegetable (frozen meal)
 Beef, sliced, with vegetable in sauce, au gratin potatoes (frozen meal)
 Beets with Harvard sauce
 Berry Berry Kix
 Biscuit dough, fried
 Biscuit with gravy
 Biscuit, baking powder or buttermilk type, made from refrigerated dough
 Biscuit, baking powder or buttermilk type, made from refrigerated dough, lowfat
 Biscuit, baking powder or buttermilk type, NS as to made from mix, refrigerated dough, or
 Black bean sauce
 Blood sausage
 Blue or roquefort cheese dressing, reduced calorie, fat-free, cholesterol-free

APPENDIX 1 (CONT'D)

Blueberry Morning, Post
 Blueberry pie filling
 Blueberry yogurt dessert, baby food, strained
 Bologna and cheese sandwich, with spread
 Bologna ring, smoked
 Bologna sandwich, with spread
 Bologna, beef and pork, lowfat
 Bologna, chicken, beef, and pork
 Bologna, NFS
 Booberry
 Bran Chex
 Bratwurst, cooked
 Bratwurst, with cheese
 Bread, cornmeal and molasses
 Bread, cornmeal and molasses, toasted
 Bread, garlic, toasted
 Bread, multigrain, reduced calorie and/or high fiber
 Bread, multigrain, reduced calorie and/or high fiber, toasted
 Bread, white, special formula, added fiber
 Bread, white, special formula, added fiber, toasted
 Bread, white, special formula, high calcium
 Breakfast bar, cake-like
 Breakfast bar, cereal crust with fruit filling, lowfat
 Breakfast bar, date, with yogurt coating
 Breakfast bar, diet meal type
 Breakfast bar, NFS
 Breakfast link, pattie, or slice, meatless
 Breakfast tart
 Breakfast tart, lowfat
 Broccoli casserole (broccoli, rice, cheese, and mushroom sauce)
 Broccoli cheese soup, prepared with milk
 Broccoli salad with cauliflower, cheese, bacon bits, and dressing
 Broccoli, cooked, from fresh, fat added in cooking
 Broccoli, cooked, from fresh, with cheese sauce
 Broccoli, cooked, from frozen, fat added in cooking
 Burrito with beef and potato, no beans
 Butter replacement, fat-free powder
 Butterfinger
 Cabbage salad or coleslaw with apples and/or raisins, with dressing
 Cabbage salad or coleslaw with pineapple, with dressing
 Cabbage salad or coleslaw, with dressing
 Cabbage, green, cooked, fat added in cooking
 Caesar dressing
 Cake, black forest (chocolate-cherry)
 Cake, Boston cream pie
 Cake, butter, with icing
 Cake, butter, without icing
 Cake, chocolate, devil's food, or fudge, pudding-type mix, made by Lite recipe (eggs and water)
 Cake, chocolate, with icing, diet
 Cake, cupcake, chocolate, with icing or filling
 Cake, cupcake, not chocolate, with icing or filling

APPENDIX 1 (CONT'D)

Cake, German chocolate, with icing and filling
 Cake, pound, chocolate, fat free, cholesterol free
 Cake, pound, fat free, cholesterol free
 Cake, pumpkin, NS as to icing
 Cake, pumpkin, with icing
 Cake, sponge, with icing
 Cake, sponge, without icing
 Calzone, with meat and cheese
 Canadian bacon, cooked
 Cannelloni, cheese-filled, with tomato sauce (diet frozen meal)
 Cap'n Crunch
 Cap'n Crunch's Crunch Berries
 Cap'n Crunch's Deep Sea Crunch
 Cap'n Crunch's Peanut Butter Crunch
 Carnation Alsoy, with iron, infant formula, NS as to form (formerly I-Soyalac)
 Carnation Alsoy, with iron, infant formula, prepared from liquid concentrate (formerly I-Soyalac)
 Carnation Alsoy, with iron, infant formula, prepared from powder (formerly I-Soyalac)

 Carnation Alsoy, with iron, infant formula, ready-to-feed (formerly I-Soyalac)
 Carnation Good Start, with iron, infant formula, NS as to form
 Carnation Good Start, with iron, infant formula, prepared from liquid concentrate
 Carnation Good Start, with iron, infant formula, prepared from powder
 Carnation Good Start, with iron, infant formula, ready-to-feed
 Carrots, cooked, from fresh, fat added in cooking
 Carrots, raw, salad
 Carrots, raw, salad with apples
 Carry-out milk shake, chocolate
 Carry-out milk shake, flavors other than chocolate
 Cauliflower, batter-dipped, fried
 Cauliflower, from frozen, creamed
 Celery soup, cream of, canned, undiluted
 Celery soup, cream of, NS as to made with milk or water
 Celery soup, cream of, prepared with milk w/ whole milk
 Celery soup, cream of, prepared with water
 Cereal beverage
 Cereal beverage with beet roots, from powdered instant
 Cereal, NFS
 Cereal, ready-to-eat, NFS
 Chalupa with beans, cheese, lettuce and tomato
 Chalupa with beans, chicken, cheese, lettuce and tomato
 Cheddar cheese soup
 Cheddar cheese soup, canned, undiluted
 Cheerios
 Cheese enchilada (frozen meal)
 Cheese enchilada with beans and rice (frozen meal)
 Cheese Sandwich, Grilled w/ thin sliced bread, w/ 2 slices american or cheddar imitation cheese,
 Cheese sauce
 Cheese spread, American or Cheddar cheese base
 Cheese spread, NFS
 Cheese spread, pressurized can

Cheese spread, Swiss cheese base

APPENDIX 1 (CONT'D)

Cheese, cottage, with fruit

Cheese, processed cheese product, American or Cheddar type, reduced fat

Cheese, processed cheese product, American or Cheddar type, reduced fat, reduced sodium

Cheese, processed cheese product, Swiss, reduced fat

Cheeseburger (hamburger with cheese sauce), 1/4 lb meat, with grilled onions, on rye bun

Cheeseburger with mayonnaise or salad dressing, tomato and bacon, on bun

Cheesecake with fruit

Cheesecake, diet

Cheesecake, diet, with fruit

Cherry cobbler, baby food, junior

Cherry pie filling

Cherry vanilla pudding, baby food, strained

Chicken and mushroom soup, cream of, prepared with milk

Chicken and vegetable entree with noodles (diet frozen meal)

Chicken and vegetable entree with rice, Oriental (diet frozen meal)

Chicken and vegetable entree with rice, Oriental (frozen meal)

Chicken and vegetable entree, oriental (diet frozen meal)

Chicken and vegetables au gratin with rice-vegetable mixture (diet frozen entree)

Chicken and vegetables in cream or white sauce (diet frozen meal)

Chicken barbecue sandwich

Chicken burritos (diet frozen meal)

Chicken cacciatore with noodles (diet frozen meal)

Chicken chow mein with rice (diet frozen meal)

Chicken chow mein with rice, reduced fat and sodium (diet frozen meal)

Chicken corn soup, home recipe

Chicken cornbread

Chicken dinner, NFS (frozen meal)

Chicken divan (frozen meal)

Chicken enchilada (diet frozen meal)

Chicken fajitas (diet frozen meal)

Chicken fillet, (broiled), sandwich, on whole wheat roll, with lettuce, tomato and spread

Chicken fillet, broiled, sandwich, with lettuce, tomato, and non-mayonnaise type spread

Chicken in barbecue sauce, with rice, vegetable and dessert, reduced fat and sodium (diet frozen)

Chicken in cream sauce with noodles and vegetable (frozen meal)

Chicken in cream sauce, with brown and wild rice, vegetable, and fruit dessert (diet frozen)

Chicken in orange sauce with almond rice (diet frozen meal)

Chicken in soy-based sauce, rice and vegetables (frozen meal)

Chicken or turkey and noodles with (mushroom) soup (mixture)

Chicken or turkey and noodles with cheese sauce (mixture)

Chicken or turkey and rice with (mushroom) soup (mixture)

Chicken or turkey and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), cheese sauce

Chicken or turkey and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce

Chicken or turkey and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), cheese sauce

APPENDIX 1 (CONT'D)

Chicken or turkey and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce

Chicken or turkey cordon bleu

Chicken or turkey salad

Chicken or turkey soup, cream of, canned, made with milk, reduced sodium

Chicken or turkey soup, cream of, canned, made with water, reduced sodium

Chicken or turkey soup, cream of, canned, undiluted

Chicken or turkey soup, cream of, NS as to prepared with milk or water

Chicken or turkey soup, cream of, prepared with milk

Chicken or turkey soup, cream of, prepared with water

Chicken or turkey tetrazzini

Chicken or turkey with (mushroom) soup (mixture)

Chicken or turkey with barbecue sauce (mixture)

Chicken or turkey with cheese sauce (mixture)

Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), cheese sauce (mixture)

Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)

Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and/or dark-green leafy), (mushroom) soup

Chicken or turkey, rice, and vegetables (including carrots, broccoli, and dark-green leafy), (mushroom) soup (mixture)

Chicken or turkey, rice, and vegetables (including carrots, broccoli, and dark-green leafy), cheese sauce (mixture)

Chicken or turkey, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)

Chicken patty sandwich, with lettuce and spread

Chicken patty with vegetable (diet frozen meal)

Chicken patty, breaded, with tomato sauce and cheese, fettuccine alfredo, vegetable (frozen meal)

Chicken patty, or nuggets, boneless, breaded, with pasta and tomato sauce, fruit, dessert (frozen meal)

Chicken rice soup, canned, reduced sodium, prepared with milk

Chicken rice soup, canned, reduced sodium, prepared with water or ready-to-serve

Chicken rice soup, Puerto Rican style (Sopa de pollo con arroz)

Chicken salad spread

Chicken sandwich, with spread

Chicken soup with noodles and potatoes, Puerto Rican style

Chicken teriyaki with rice, vegetable (frozen meal)

Chicken vegetable soup with potato and cheese, chunky style

Chicken vegetable soup with rice, stew type, chunky style

Chicken with noodles and cheese sauce (diet frozen meal)

Chicken with rice and vegetable, reduced fat and sodium (diet frozen meal)

Chicken with rice-vegetable mixture (diet frozen meal)

Chicken, baby food, junior

Chicken, baby food, strained

Chicken, breast, with or without bone, breaded, baked or fried, prepared with skin, skin/coating eaten

Chicken, canned, meat only, light and dark meat

Chicken, canned, meat only, NS as to light or dark meat

Chicken, drumstick, with or without bone, breaded, baked or fried, prepared with skin, skin/coating eaten

APPENDIX 1 (CONT'D)

Chicken, fried, with potatoes, vegetable, dessert (frozen meal)
Chicken, fried, with potatoes, vegetable, dessert (frozen meal, large meat portion)

Chicken, meatless, breaded, fried
Chicken, noodles, and vegetables, baby food, toddler
Chicken, thigh, with or without bone, breaded, baked or fried, prepared with skin, skin/coating eaten
Chickpeas stewed with pig's feet, Puerto Rican style (Garbanzos guisados con patitos de cerdo)
Chilaquiles, tortilla casserole with salsa and cheese, no egg
Chilaquiles, tortilla casserole with salsa, cheese, and egg
Chili beans, barbecue beans, ranch style beans or Mexican- style beans
Chili beef soup
Chili beef soup, chunky style
Chili con carne with beans
Chili con carne with beans and cheese
Chili con carne with beans and rice
Chocolate flavored frosted puffed corn cereal
Chop suey, meatless
Chow fun noodles with meat and vegetables
Chow mein or chop suey, various types of meat, with noodles
Chunky pea and ham soup
Cinnamon Grahams, General Mills
Cinnamon Toast Crunch
Clam chowder, Manhattan
Clam chowder, New England, canned, reduced sodium, ready-to-serve
Clam chowder, NS as to Manhattan or New England style
Clams Casino
Cobbler, apple
Cobbler, berry
Cobbler, cherry
Cobbler, peach
Cobbler, pineapple
Cocoa (or chocolate) flavored beverage powder with low calorie sweetener, dry mix, not reconstituted
Cocoa Blasts, Quaker
Cocoa Frosted Flakes, Kellogg's
Cocoa Puffs
Coffee and cocoa (mocha) mix, dry instant powder, with whitener and low calorie sweetener, decaffeinated
Coffee and cocoa (mocha), made from powdered instant mix, with whitener and low calorie sweetener
Coffee and cocoa (mocha), made from powdered instant mix, with whitener and low calorie sweetener,
Coffee, decaffeinated, with cereal
Coffee, dry instant powder, with whitener and low calorie sweetener
Coffee, made from powdered instant mix, with whitener and low calorie sweetener
Cold cut, NFS
Coleslaw dressing
Cookie, butter or sugar cookie

Cookie, butter or sugar cookie, with fruit and/or nuts
 Cookie, chocolate and vanilla sandwich
 Cookie, chocolate chip sandwich

APPENDIX 1 (CONT'D)

Cookie, chocolate, chocolate sandwich or chocolate-coated or striped
 Cookie, chocolate, sandwich, with extra filling
 Cookie, chocolate, with chocolate filling or coating, fat free
 Cookie, chocolate-covered, chocolate sandwich
 Cookie, chocolate-covered, sugar wafer, creme- or caramel-filled
 Cookie, fig bar, fat free
 Cookie, fruit, baby
 Cookie, graham cracker with marshmallow
 Cookie, marshmallow and peanut butter, with oat cereal (no-bake)
 Cookie, marshmallow, with rice cereal (no-bake)
 Cookie, NS as to type
 Cookie, oatmeal, with fruit filling
 Cookie, peanut butter with rice cereal (no-bake)
 Cookie, sandwich-type, not chocolate or vanilla
 Cookie, shortbread
 Cookie, shortbread, with chocolate filling
 Cookie, sugar wafer
 Cookie, teething, baby food
 Cookie, vanilla sandwich
 Cookie, vanilla wafer, reduced fat
 Cookie, vanilla waffle creme
 Cookie, with peanut butter filling, chocolate-coated
 Cookie-Crisp
 Corn beverage with chocolate and milk (Champurrado, Atole de Chocolate)
 Corn Chex
 Corn dog (frankfurter or hot dog with cornbread coating)
 Corn flakes, Kellogg
 Corn flakes, NFS
 Corn flour patty or tart, fried w/ soybean oil
 Corn pone, baked
 Corn Pops
 Corn Puffs
 Corn soup, cream of, prepared with water
 Corn, from canned, NS as to color, cream style
 Corn, NS as to form, NS as to color, cream style
 Corn, white, from canned, cream style
 Corn, white, ns as to form, cream style
 Corn, yellow, cooked, from canned, fat added in cooking
 Corn, yellow, from canned, cream style
 Corn, yellow, from canned, cream style, fat added in cooking
 Corn, yellow, NS as to form, cream style
 Corn, yellow, NS as to form, cream style, fat added in cooking
 Cornbread muffin, stick, round
 Cornbread muffin, stick, round, toasted
 Cornbread stuffing
 Cornbread, made from home recipe
 Cornbread, muffin, stick, round, made from home recipe
 Cornbread, prepared from mix
 Corned beef hash

Corned beef patty
 Corned beef, cooked, lean and fat eaten
 Corned beef, cooked, NS as to fat eaten

APPENDIX 1 (CONT'D)

Corned beef, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)
 Corned beef, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)
 Cornmeal dressing with chicken or turkey and vegetables
 Cornmeal dumpling
 Cornmeal fritter, Puerto Rican style (Arepá; P.R. arepita)
 Cornmeal mush, fried
 Cornmeal mush, made with milk
 Cornmeal mush, made with water
 Cornmeal sticks, boiled
 Cornmeal, lime-treated, cooked (Masa harina)
 Cornmeal, made with evaporated milk and sugar, Puerto Rican Style (Harina de maiz con leche)
 Cornstarch, dry
 Cornstarch, hydrolyzed powder
 Cottage cheese with fruit, baby food, strained or junior
 Count Chocula
 Crab salad
 Crab salad made with imitation crab
 Cracker, cheese, reduced fat
 Cracker, high fiber, no added fat
 Cracker, snack, lowfat, low sodium
 Crackers, cylindrical, peanut-butter filled
 Crackers, graham, higher fat
 Crackers, graham, sandwich-type, with filling
 Crackers, oat
 Cream puff, éclair, custard or cream filled, iced
 Cream puff, éclair, custard or cream filled, not iced
 Cream puff, éclair, custard or cream filled, NS as to icing
 Creamed chipped or dried beef
 Creamy dressing, made with sour cream and/or buttermilk and oil
 Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free
 Crepes, filled with meat, fish, or poultry, with sauce w/ all tuna
 Crisp Crunch
 Crispix
 Croissant with bacon, egg, and cheese
 Croissant, filled with broccoli and cheese
 Croissant, filled with chicken, broccoli, and cheese sauce
 Croissant, filled with ham and cheese
 Crunchy Corn Bran, Quaker
 Cucumber salad with creamy dressing
 Custard pudding, baby food, flavor other than chocolate, junior
 Custard pudding, baby food, flavor other than chocolate, strained
 Custard pudding, flavor other than chocolate, baby food, NS as to strained or junior
 Danish pastry, with cheese
 Danish pastry, with fruit
 Dim sum, meat filled (egg roll-type)

Dip, cheese base other than cream cheese
Dip, cheese with chili pepper (chili con queso)
Dip, cream cheese base

APPENDIX 1 (CONT'D)

Double bacon cheeseburger (2 patties, 1/4 lb meat each), on bun
Double bacon cheeseburger (2 patties, 1/4 lb meat each), with mayonnaise or salad dressing and
Double Dip Crunch, Kellogg's
Doughnut, cake type, chocolate
Doughnut, chocolate cream-filled
Doughnut, custard-filled
Doughnut, custard-filled, with icing
Dressing with meat and vegetables
Duck sauce
Dumpling, meat-filled
Dumpling, steamed, filled with meat, poultry, or seafood
Dutch apple dessert, baby food, junior
Dutch apple dessert, baby food, strained
Egg and bacon on biscuit
Egg casserole with bread, cheese, milk and meat
Egg omelet or scrambled egg, fat added in cooking
Egg omelet or scrambled egg, with cheese
Egg omelet or scrambled egg, with cheese and ham or bacon
Egg omelet or scrambled egg, with cheese, ham or bacon, and tomatoes
Egg omelet or scrambled egg, with ham or bacon
Egg omelet or scrambled egg, with sausage
Egg omelet or scrambled egg, with sausage and cheese
Egg omelet or scrambled egg, with sausage and mushrooms
Egg salad
Egg salad sandwich
Egg, Benedict
Egg, cheese, and bacon on biscuit
Egg, cheese, and bacon on English muffin
Egg, cheese, and ham on English muffin
Egg, cheese, and sausage on biscuit
Egg, deviled
Egg, whole, fried
Enchilada with beans and cheese, meatless
Enchilada with beans, meatless
Enchilada with beef and beans
Enchilada with beef and cheese, no beans
Enchilada with beef, beans, and cheese
Enchilada with beef, no beans
Enchilada with cheese, meatless, no beans
Enchilada with chicken and beans, tomato-based sauce
Enchilada with chicken and cheese, no beans, tomato-based sauce
Enchilada with chicken, beans, and cheese, tomato-based sauce w/ monterey cheese
Enchilada with chicken, tomato-based sauce
Enchilada with ham and cheese, no beans
Enchilada with seafood, tomato-based sauce
Ensure plus liquid nutrition
Ensure with fiber, liquid
Fiber One

Fish and chips (frozen meal)
Fish and rice with (mushroom) soup w/ sardines

APPENDIX 1 (CONT'D)

Fish and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)
 Fish and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce (mixture)
 Fish chowder
 Fish in lemon-butter sauce with starch item, vegetable (frozen meal)
 Fish sandwich, on bun, with cheese and spread
 Fish sandwich, on bun, with spread
 Fish, batter-dipped, or fish cake, with vegetable, potatoes, dessert (frozen meal)

 Fish, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), cheese sauce (mixture)
 Flauta with chicken
 Flavored rice and pasta mixture
 Flavored rice mixture
 Flavored rice mixture with cheese
 Flavored rice, brown and wild
 Flavored rice, white and wild
 Flounder, breaded or battered, baked
 Frankenberry
 Frankfurter or hot dog with chili and cheese, on bun
 Frankfurter or hot dog, meatless
 Frankfurter or hot dog, with chili, no bun
 Frankfurter or hot dog, with chili, on bun
 French dressing, reduced calorie, fat-free, cholesterol-free
 French Toast Crunch, General Mills
 French toast sticks, plain
 Froot Loops
 Frosted Bran, Kellogg's
 Frosted Cheerios
 Frosted corn flakes, NFS
 Frosted Flakes, Kellogg
 Frosted oat cereal with marshmallows
 Frosty O's
 Frozen dinner, NFS
 Fruit dessert with cream and/or pudding and nuts
 Fruit dessert with tapioca, baby food, junior
 Fruit dessert with tapioca, baby food, strained
 Fruit dessert, baby food, NS as to strained or junior
 Fruit juice bar, frozen, sweetened with low calorie sweetener, flavors other than orange
 Fruit Rings, NFS
 Fruit salad (excluding citrus fruits) with marshmallows
 Fruit salad (excluding citrus fruits) with salad dressing or mayonnaise
 Fruit salad (including citrus fruits) with marshmallows
 Fruit salad (including citrus fruits) with salad dressing or mayonnaise
 Fruit sauce
 Fruit Wheats
 Fruit Whirls
 Fruit, baby food, NFS
 Fruit-flavored beverage, dry concentrate, low calorie, not reconstituted
 Fruit-flavored concentrate, dry powder, with sugar and vitamin C added

Fruit-flavored drink, made from powdered mix, mainly sugar, with high vitamin C added

APPENDIX 1 (CONT'D)

Fruit-flavored drink, made from sweetened powdered mix (fortified with vitamin C)
 Fruit-flavored drink, non-carbonated, made from low calorie powdered mix
 Fruit-flavored drink, non-carbonated, made from powdered mix, with sugar
 Fruity Yummy Mummy cereal
 Gelatin dessert, dietetic, sweetened with low calorie sweetener
 Gelatin dessert, dietetic, with fruit and vegetable(s), sweetened with low calorie sweetener
 Gelatin dessert, dietetic, with fruit and whipped topping, sweetened with low calorie sweetener
 Gelatin dessert, dietetic, with fruit, sweetened with low calorie sweetener
 Gelatin powder, dietetic, sweetened with low calorie sweetener, dry
 General Tso chicken
 Gerber Graduates Finger Snacks Cereal, baby food
 Golden Grahams
 Gordita/sope shell, plain, no filling, fried in oil
 Gordita/sope shell, plain, no filling, grilled, no fat added
 Granola bar, high fiber, coated with non-chocolate yogurt coating
 Granola with Raisins, lowfat, Kellogg's
 Granola, lowfat, Kellogg's
 Gravy or sauce, Chinese (soy sauce, stock or bouillon, cornstarch)
 Gravy, giblet
 Gravy, mushroom
 Gravy, redeye
 Greens with ham or pork (mixture)
 Grits, cooked, corn or hominy, instant, fat not added in cooking
 Grits, cooked, corn or hominy, instant, NS as to fat added in cooking
 Grits, cooked, corn or hominy, NS as to regular, quick or instant, NS as to
 Grits, cooked, corn or hominy, NS as to regular, quick, or instant, fat added in
 Grits, cooked, corn or hominy, NS as to regular, quick, or instant, fat not added
 Grits, cooked, corn or hominy, NS as to regular, quick, or instant, NS as to
 Grits, cooked, corn or hominy, quick, fat not added in cooking
 Grits, cooked, corn or hominy, quick, NS as to fat added in cooking
 Grits, cooked, corn or hominy, regular, fat added in cooking
 Grits, cooked, corn or hominy, regular, fat not added in cooking
 Grits, cooked, corn or hominy, regular, NS as to fat added in cooking
 Grits, cooked, corn or hominy, with cheese, instant, fat added in cooking w/ butter,
 NFS
 Grits, cooked, corn or hominy, with cheese, instant, fat not added in cooking
 Grits, cooked, corn or hominy, with cheese, instant, NS as to fat added in cooking
 Grits, cooked, corn or hominy, with cheese, NS as to regular, quick, or instant, fat
 Grits, cooked, corn or hominy, with cheese, NS as to regular, quick, or instant, NS
 Grits, cooked, corn or hominy, with cheese, regular, fat not added in cooking
 Grits, cooked, corn or hominy, with cheese, regular, NS as to fat added in cooking
 Grits, cooked, flavored, corn or hominy, instant, fat added in cooking
 Grits, cooked, flavored, corn or hominy, instant, fat not added in cooking
 Grits, cooked, flavored, corn or hominy, instant, NS as to fat added in cooking
 Ground beef with tomato sauce and taco seasonings on a cornbread crust
 Ground beef with tomato sauce on a pizza crust
 Gumdrops
 Gumdrops, chocolate covered

Gyro sandwich (pita bread, beef, lamb, onion, condiments), with tomato and spread
Ham and cheese sandwich, with spread, grilled

APPENDIX 1 (CONT'D)

Ham and tomato club sandwich, with lettuce and spread
Ham or pork and potatoes with cheese sauce (mixture)
Ham or pork and potatoes with gravy (mixture)
Ham or pork and rice, no sauce (mixture)
Ham or pork salad
Ham or pork with (mushroom) soup (mixture)
Ham or pork with barbecue sauce (mixture)
Ham or pork with gravy (mixture)
Ham or pork with stuffing (mixture)
Ham or pork with tomato-based sauce (mixture)
Ham salad spread
Ham, baby food, strained
Ham, breaded or floured, fried, lean and fat eaten
Ham, breaded or floured, fried, NS as to fat eaten
Ham, fried, lean and fat eaten
Ham, fried, NS as to fat eaten
Ham, prosciutto
Ham, sliced, low salt, prepackaged or deli, luncheon meat
Ham, sliced, prepackaged or deli, luncheon meat
Ham, smoked or cured, canned, lean and fat eaten
Ham, smoked or cured, cooked, lean and fat eaten
Ham, smoked or cured, cooked, NS as to fat eaten
Ham, smoked or cured, ground patty
Ham, smoked or cured, low sodium, cooked, lean and fat eaten
Ham, smoked or cured, low sodium, cooked, lean only eaten
Ham, smoked or cured, low sodium, cooked, NS as to fat eaten
Hash, NS as to type of meat
Healthy Choice Almond Crunch with raisins, Kellogg's
Healthy Choice Multi-Grain Flakes, Kellogg's
Hidden Treasures, General Mills
High protein cereal, baby food, dry, instant
Hoisin sauce
Hominy, cooked, fat added in cooking
Hominy, cooked, fat not added in cooking
Hominy, cooked, NS as to fat added in cooking
Honey Bunches of Oats
Honey Bunches of Oats with Almonds, Post
Honey Crunch Corn Flakes, Kellogg's
Honey mustard dressing
Honey Nut Chex
Honeycomb, plain
Hors d'oeuvres, with spread
Hot and sour soup
Huevos rancheros
Hush puppy
Ice cream bar or stick, chocolate covered
Ice cream bar or stick, chocolate or caramel covered, with nuts
Ice cream sandwich
Ice cream, fried
Ice milk sundae, soft serve, fruit topping (without whipped cream)

Ice pop, sweetened with low calorie sweetener
Imitation cheese spread

APPENDIX 1 (CONT'D)

Imitation cheese, American or cheddar type
Imitation cheese, American or cheddar type, low cholesterol
Imitation cream cheese
Imitation mozzarella cheese
Instant breakfast, powder, sweetened with low calorie sweetener, milk added w/2% milk
Instant soup, NFS
Instant soup, noodle
Isomil SF (sucrose-free), with iron, infant formula, prepared from liquid concentrate

Isomil SF (sucrose-free), with iron, infant formula, ready-to-feed
Italian pie with meat
Italian pie, meatless
Jambalaya with meat and rice
Just Right
Just Right with raisins, dates, and nuts
Kaboom
Kidney bean salad
King Vitamin
Kit Kat
Kix
Kung pao chicken
Lamb, baby food, strained
Lasagna with cheese and sauce (diet frozen meal)
Lasagna with cheese, tomato sauce, vegetable, dessert (frozen meal)
Lasagna with meat and/or poultry
Lasagna with meat, canned
Leek soup, cream of, prepared with milk
Lemon chicken, Chinese style
Lemonade, low calorie
Lemonade-flavored drink, made from powdered mix, low calorie, with vitamin C added
Lemonade-flavored drink, made from powdered mix, with sugar and vitamin C added
Lettuce, wilted, with bacon dressing
Licorice
Life (plain and cinnamon)
Linguini with clam sauce (diet frozen meal)
Lo mein with shrimp
Lobster salad
Lobster sauce (broth-based)
Lucky Charms
Luncheon loaf (olive, pickle, or pimiento)
Luncheon slice, meatless-beef, chicken, salami or turkey
M & M's Peanut Butter Chocolate Candies
M & M's Peanut Chocolate Candies
M & M's Plain Chocolate Candies
Macaroni and cheese (diet frozen meal)
Macaroni and cheese with apples, vegetable (frozen meal)
Macaroni and cheese with egg
Macaroni and cheese, baby food, toddler
Macaroni or noodles with cheese
Macaroni or noodles with cheese and beef

Macaroni or noodles with cheese and frankfurters or hot dogs
Macaroni or noodles with cheese and pork or ham
Macaroni or noodles with cheese and tuna

APPENDIX 1 (CONT'D)

Macaroni or noodles with cheese, made from dry mix
Macaroni or noodles, spinach, with chicken and cheese sauce (diet frozen meal)
Macaroni salad
Macaroni salad with cheese
Macaroni salad with cheese
Macaroni salad with crab meat
Macaroni salad with egg
Macaroni salad with shrimp
Macaroni salad with tuna
Macaroni salad with tuna and egg
Macaroni with beef and tomato sauce, baby food, toddler
Macaroni, cooked, fat added in cooking
Malt-O-Meal Coco-Roos
Malt-O-Meal Corn Bursts
Malt-O-Meal Marshmallow Mateys
Malt-O-Meal Toasted Oat Cereal
Malt-O-meal Tootie Fruities
Manicotti, cheese-filled, with tomato sauce, meatless
Margarine-like spread, made with yogurt, stick, salted
Margarine-like spread, reduced calorie, about 20% fat, tub, salted
Margarine-like spread, reduced calorie, about 20% fat, tub, unsalted
Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted

Margarine-like spread, reduced calorie, about 40% fat, stick, salted
Margarine-like spread, reduced calorie, about 40% fat, tub, salted
Marshmallow
Marshmallow Safari, Quaker
Marshmallow, candy-coated
Marshmallow, chocolate covered
Marshmallow, coconut-coated
Mayonnaise, imitation
Mayonnaise, imitation, cholesterol free
Mayonnaise, low-calorie or diet
Mayonnaise, low-calorie or diet, low sodium
Mayonnaise, made with yogurt
Mayonnaise, reduced calorie or diet, cholesterol-free
Mayonnaise-type salad dressing
Mayonnaise-type salad dressing, cholesterol-free
Mayonnaise-type salad dressing, fat-free
Mayonnaise-type salad dressing, low-calorie or diet
Mayonnaise-type salad dressing, low-calorie or diet, cholesterol-free.
Meal replacement bar
Meal replacement or supplement, liquid, soy-based
Meal replacement or supplement, soy- and milk-base, powder, reconstituted with water

Meal replacement, Amway's Nutrilite brand Positrim Drink Mix, powdered nonfat dry
milk-based, dry, not reconstituted
Meal replacement, high protein, milk based, fruit juice mixable formula, powdered,
not reconstituted

Meal replacement, protein type, milk- and soy-based, powdered, not reconstituted
 Meal replacement, protein type, milk-based, powdered, not reconstituted
 Meat and hominy soup, Mexican style (Pozole)
 Meat loaf made with ham (not luncheon meat)
 Meat sandwich, NFS

APPENDIX 1 (CONT'D)

Meat spread or potted meat sandwich
 Meat turnover, Puerto Rican style (Pastelillo de carne; Empanadilla)
 Meat with barbecue sauce, NS as to type of meat (mixture)
 Meat with gravy, NS as to type of meat (mixture)
 Meat with tomato-based sauce (mixture)
 Meat, baby food, NS as to type, NS as to strained or junior
 Meatball and spaghetti sauce submarine sandwich, on roll
 Meatball, meatless
 Meatballs, Puerto Rican style (Albondigas)
 Meatballs, Swedish, in gravy, with noodles (diet frozen meal)
 Meatballs, Swedish, in sauce, with noodles (frozen meal)
 Meatballs, Swedish, in sauce, with noodles and vegetable medley (frozen meal)
 Mexican casserole made with ground beef, beans, tomato sauce, cheese, taco seasonings, and corn chips
 Mexican casserole made with ground beef, tomato sauce, cheese, taco seasonings, and corn chips
 Mexican dinner with fried beans, frozen
 Milk beverage, made with whole milk, flavors other than chocolate
 Milk beverage, powder, dry mix, not reconstituted, flavors other than chocolate
 Milk dessert bar, frozen, made from lowfat milk and low calorie sweetener
 Milk dessert, frozen, lowfat, flavors other than chocolate
 Milk dessert, frozen, made with low-calorie sweetener, chocolate
 Milk dessert, frozen, made with low-calorie sweetener, flavors other than chocolate

 Milk dessert, frozen, milk-fat free, chocolate
 Milk dessert, frozen, milk-fat free, flavors other than chocolate
 Milk dessert, frozen, nonfat, made with low-calorie sweetener, chocolate
 Milk dessert, frozen, nonfat, made with low-calorie sweetener, flavors other than chocolate
 Milk, flavors other than chocolate, whole milk-based
 Milk, imitation, fluid, non-soy, sweetened, flavors other than chocolate
 Milk, malted, dry mix, fortified, not reconstituted, flavors other than chocolate
 Milk, malted, fortified, natural flavor, made with milk
 Mini Buns Cereal (cinnamon)
 Mixed cereal with bananas, baby food, dry, instant
 Mixed cereal, baby food, dry, instant
 Mixed fruit yogurt dessert, baby food, strained
 Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, from frozen, fat added
 Mole poblano (sauce)
 Moo Shi Pork
 Muesli with apples and almonds, Ralston Purina
 Muesli with raisins, dates, and almonds
 Muesli with raisins, peaches, and pecans
 Mueslix cereal, NFS
 Mueslix Crispy Blend (formerly Mueslix Five Grain Muesli Cereal)
 Mueslix golden crunch cereal

Mueslix with raisins, walnuts, and cranberries
Muffin, English, wheat or cracked wheat
Muffin, English, wheat or cracked wheat, toasted
Muffin, English, whole wheat, 100%
Muffin, English, whole wheat, 100%, toasted
Muffin, English, whole wheat, other than 1 or NS as to 100%, toasted

APPENDIX 1 (CONT'D)

Muffin, fruit and/or nuts
Muffin, multigrain, with nuts
Muffin, NFS
Multi Bran Chex
Multi Grain Cheerios
Multigrain cereal, cooked, fat not added in cooking
Multi-Grain Cheerios Plus
Multigrain mixture, pretzels, cereal and/or crackers, nuts
Mushroom soup, canned, undiluted
Mushroom soup, cream of, canned, NS as to made with milk or water, reduced sodium
Mushroom soup, cream of, canned, prepared with milk, reduced sodium
Mushroom soup, cream of, canned, prepared with water, reduced sodium
Mushroom soup, cream of, canned, undiluted, reduced sodium
Mushroom soup, cream of, NS as to made with milk or water
Mushroom soup, cream of, prepared with milk
Mushroom soup, cream of, prepared with water
Mushroom soup, cream of, prepared with water, low sodium
Mushroom soup, NFS
Mushroom soup, with meat broth, prepared with water
Mushrooms, batter-dipped, fried
Mushrooms, stuffed
Nachos with beans and cheese
Nachos with beef and cheese
Nachos with beef, beans, and cheese
Nachos with beef, beans, cheese, and sour cream
Nachos with beef, beans, cheese, tomatoes and onions
Nachos with cheese and sour cream
Nachos with cheese, meatless, no beans
Nachos with chicken or turkey and cheese
Nachos with chili
Noodle soup, made with milk
Noodles with vegetables in tomato-based sauce (diet frozen meal)
Noodles, cooked, fat added in cooking
Nut and Honey Crunch (flakes)
Nutramigen, with iron, infant formula, NS as to form
Nutramigen, with iron, infant formula, prepared from liquid concentrate
Nutramigen, with iron, infant formula, prepared from powder
Nutramigen, with iron, infant formula, ready-to-feed
Nutri-Grain Almond Raisin
Oat Bran Flakes, Health Valley
Oat cereal, NFS
Oatmeal, cooked, regular, fat added in cooking
Oatmeal, fortified, cooked, instant, fat added in cooking
Oh's, Crunchy Nut
Oh's, Fruitangy, Quaker
Oh's, Honey Graham

Okra, batter-dipped, fried
 Onion rings, from fresh, batter-dipped, baked or fried
 Onion rings, NS as to form, batter-dipped, baked or fried
 Onion rings, NS as to form, batter-dipped, baked or fried
 Onion soup, French
 Onion-flavored rings

APPENDIX 1 (CONT'D)

Orange breakfast drink, low calorie
 Orange breakfast drink, made from frozen concentrate
 Orange sauce (for duck)
 Oreo O's cereal, Post
 Oyster-flavored sauce
 Pancakes and sausage (frozen meal)
 Pancakes, buckwheat
 Pancakes, cornmeal
 Pancakes, plain
 Pancakes, reduced calorie, high fiber
 Pancakes, with fruit
 Parmesan cheese topping, fat free
 Pasta salad (macaroni or noodles, vegetables, dressing)
 Pasta salad with meat (macaroni or noodles, vegetables, meat, dressing)
 Pasta with carbonara sauce
 Pasta with cheese and meat sauce
 Pasta with cheese and tomato sauce, meatless
 Pasta with meat sauce
 Pasta with tomato sauce and meat or meatballs, canned
 Pasta with vegetable and cheese sauce (diet frozen meal)
 Pasta, cooked, corn-based, fat not added in cooking
 Pasta, cooked, corn-based, NS as to fat added in cooking
 Pasta, meat-filled, with gravy, canned
 Pasta, spinach, with vegetables and cheese sauce (diet frozen meal)
 Pea salad
 Pea salad with cheese
 Pea soup, canned, prepared with water, low sodium
 Peach cobbler, baby food, junior
 Peach cobbler, baby food, NS as to strained or junior
 Peach cobbler, baby food, strained
 Peach yogurt dessert, baby food, strained
 Pear salad with dressing
 Peas, cooked, from fresh, with mushroom sauce
 Peas, green, cooked, from canned, fat added in cooking
 Peas, green, cooked, from fresh, fat added in cooking
 Peas, green, cooked, from frozen, fat added in cooking
 Pediasure, with iron, infant formula, NS as to form
 Pediasure, with iron, infant formula, ready-to-feed
 Pepper steak
 Pie, apple, diet
 Pie, apple, fried pie
 Pie, apple, individual size or tart
 Pie, apple, one crust
 Pie, apple, two crust
 Pie, apricot, fried pie
 Pie, apricot, two crust

Pie, banana cream

Pie, berry, not blackberry, blueberry, boysenberry, huckleberry, raspberry, or strawberry, individual size or tart

Pie, berry, not blackberry, blueberry, boysenberry, huckleberry, raspberry, or strawberry; one crust

APPENDIX 1 (CONT'D)

Pie, berry, not blackberry, blueberry, boysenberry, huckleberry, raspberry, or strawberry; two crust
 Pie, blackberry, two crust
 Pie, blueberry, individual size or tart
 Pie, blueberry, one crust
 Pie, blueberry, two crust
 Pie, cherry, fried pie
 Pie, cherry, individual size or tart
 Pie, cherry, made with cream cheese and sour cream
 Pie, cherry, one crust
 Pie, cherry, two crust
 Pie, chess
 Pie, chiffon, not chocolate
 Pie, chocolate-marshmallow
 Pie, coconut cream
 Pie, coconut cream, individual size or tart
 Pie, custard
 Pie, custard, individual size or tart
 Pie, individual size or tart, NFS
 Pie, lemon cream
 Pie, lemon cream, individual size or tart
 Pie, lemon meringue
 Pie, NFS
 Pie, peach, fried pie
 Pie, peach, individual size or tart
 Pie, peach, one crust
 Pie, peach, two crust
 Pie, peanut butter cream
 Pie, pineapple, individual size or tart
 Pie, pineapple, two crust
 Pie, plum, two crust
 Pie, praline mousse, with nuts
 Pie, pudding, chocolate, with chocolate coating, individual size
 Pie, pudding, flavors other than chocolate
 Pie, pudding, flavors other than chocolate, individual size or tart
 Pie, pudding, flavors other than chocolate, with chocolate coating, individual size

 Pie, pumpkin
 Pie, raisin, individual size or tart
 Pie, raisin, two crust
 Pie, raspberry, one crust
 Pie, raspberry, two crust
 Pie, rhubarb, one crust
 Pie, rhubarb, two crust
 Pie, strawberry cream
 Pie, strawberry, individual size or tart
 Pie, strawberry, one crust
 Pie, strawberry-rhubarb, two crust
 Pie, vanilla cream
 Pigeon pea asopao (Asopao de gandules)
 Pineapple dessert, baby food, junior
 Pineapple dessert, baby food, NS as to strained or junior

Pineapple dessert, baby food, strained

APPENDIX 1 (CONT'D)

Pizza with meat and fruit, NS as to type of crust
 Pizza with meat and fruit, thick crust
 Pizza with meat and fruit, thin crust
 Pizza with meat and vegetables, lowfat, thin crust
 Pizza with meat and vegetables, NS as to type of crust
 Pizza with meat and vegetables, thick crust
 Pizza with meat and vegetables, thin crust
 Pizza with meat, NS as to type of crust
 Pizza with meat, thick crust
 Pizza with meat, thin crust
 Pizza with seafood, thick crust
 Pizza with seafood, thin crust
 Plain dessert sauce
 Pop Tarts Crunch Cereal
 Porcupine balls with (mushroom) soup (mixture)
 Pork and beans
 Pork and onions with soy-based sauce (mixture)
 Pork and vegetables (excluding carrots, broccoli, and dark- green leafy), soy-based sauce (mixture)
 Pork and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)
 Pork bacon, formed, lean meat added, cooked
 Pork bacon, NS as to fresh, smoked or cured, cooked
 Pork bacon, smoked or cured, cooked
 Pork bacon, smoked or cured, cooked, lean only eaten
 Pork bacon, smoked or cured, lower sodium
 Pork barbecue or Sloppy Joe, on bun
 Pork or ham with soy-based sauce (mixture)
 Pork roast, smoked or cured, cooked, NS as to fat eaten
 Pork roll, cured, fried
 Pork sausage, brown and serve, cooked
 Pork sausage, country style, fresh, cooked
 Pork sausage, fresh, bulk, patty or link, cooked
 Pork, barbecue sauce, onions and dill pickles on white roll
 Pork, dehydrated, oriental style
 Pork, pig's feet, pickled
 Pork, pig's hocks, cooked
 Pork, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)
 Pork, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)
 Pork, sliced, with gravy, mashed potatoes, vegetable, dessert (frozen meal)
 Pork, spareribs, barbecued, with sauce, lean and fat eaten
 Pork, spareribs, barbecued, with sauce, lean only eaten
 Pork, spareribs, barbecued, with sauce, NS as to fat eaten
 Portuguese bean soup
 Postum
 Postum, dry powder
 Potato puffs, cheese-filled
 Potato Salad
 Potato salad with egg

Potato salad, German style

APPENDIX 1 (CONT'D)

Potato soup, instant, made from dry mix
 Potato soup, NS as to made with milk or water
 Potato soup, prepared with milk
 Potato soup, prepared with water
 Potatoes with cheese and ham, baby food, toddler
 PowerBar (fortified high energy bar)
 Pretzel, hard, multigrain
 Product 19
 Pudding, chocolate, prepared from dry mix, milk added
 Pudding, canned, chocolate
 Pudding, canned, chocolate and non-chocolate flavors combined
 Pudding, canned, chocolate, fat free
 Pudding, canned, chocolate, reduced fat
 Pudding, canned, flavors other than chocolate
 Pudding, canned, flavors other than chocolate, fat free
 Pudding, canned, flavors other than chocolate, reduced fat
 Pudding, canned, low calorie, containing artificial sweetener, chocolate
 Pudding, canned, low calorie, containing artificial sweetener, flavors other than chocolate
 Pudding, canned, tapioca
 Pudding, canned, tapioca, fat free
 Pudding, chocolate, prepared from dry mix, low calorie, containing artificial sweetener, milk added w/ 0.02
 Pudding, chocolate, ready-to-eat, low calorie, containing artificial sweetener, NS as to from dry mix or
 Pudding, chocolate, ready-to-eat, NS as to from dry mix or canned
 Pudding, coconut w/ 0.02 milk
 Pudding, flavors other than chocolate, prepared from dry mix, low calorie, containing artificial sweetener, milk
 Pudding, flavors other than chocolate, prepared from dry mix, milk added
 Pudding, flavors other than chocolate, ready-to-eat, low calorie, containing artificial sweetener, NS as to from
 Pudding, flavors other than chocolate, ready-to-eat, NS as to from dry mix or canned
 Pudding, Indian (milk, molasses and cornmeal-based pudding)
 Pudding, NFS
 Pudding, pumpkin
 Pudding, tapioca, chocolate, made with milk w/ skim milk
 Pudding, with fruit and vanilla wafers
 Puerto Rican stew (Sancocho)
 Puffed corn cake
 Puffs, fried, crab meat and cream cheese filled
 Pupusa, cheese-filled
 Pupusa, meat-filled
 Quaker Oat Bran Cereal
 Quaker Oat Squares
 Quesadilla with cheese, meatless
 Quiche with meat, poultry or fish
 Quisp
 Raisin Life
 Ravioli, cheese-filled, with tomato sauce, baby food, toddler
 Ravioli, cheese-filled, with tomato sauce, canned

Ravioli, cheese-filled, with vegetable and fruit (frozen meal)

APPENDIX 1 (CONT'D)

Ravioli, meat-filled, with tomato sauce or meat sauce
 Ravioli, meat-filled, with tomato sauce or meat sauce, canned
 Ravioli, meat-filled, with tomato sauce, baby food, toddler
 Reese's Peanut Butter Puffs cereal
 Reuben sandwich (corned beef sandwich with sauerkraut and cheese), with spread
 Rice and potato soup, Puerto Rican style
 Rice cereal with mixed fruit, baby food, jarred
 Rice dessert or salad with fruit
 Rice Krispies Treats Cereal (Kellogg's)
 Rice with beans and pork
 Rice with chicken, Puerto Rican style (Arroz con Pollo)
 Rice with onions, Puerto Rican style (arroz con cebollas)
 Rice with Spanish sausage, Puerto Rican style
 Rice with vienna sausage, Puerto Rican style (arroz con salchichas)
 Rice, fried, with meat and/or poultry
 Rice, white, cooked, converted, fat added in cooking
 Rice, white, cooked, instant, fat added in cooking
 Rice, white, cooked, regular, fat added in cooking
 Rigatoni with meat sauce and cheese (diet frozen meal)
 Ripple Crisp Golden Corn
 Ripple Crisp Honey Bran, General Mills
 Roast beef sandwich with bacon and cheese sauce
 Roast beef spread
 Roll, French or Vienna
 Roll, pumpernickel
 Roll, pumpernickel, toasted
 Roll, rye
 Roll, sweet, with fruit, frosted, diet
 Root beer, noncarbonated, made from powdered mix, with sugar
 Salisbury steak with gravy, potatoes, vegetable (frozen meal)
 Salisbury steak, potatoes, vegetable, dessert (diet frozen meal)
 Salmon salad
 Salmon soup, cream style
 Salty snack mixture, mostly corn or cornmeal based, with pretzels, without nuts
 Salty snacks, corn based puffs and twists, cheese puffs and twists, lowfat
 Salty snacks, corn or cornmeal base, corn chips, corn-cheese chips
 Salty snacks, corn or cornmeal base, corn chips, corn-cheese chips, unsalted
 Salty snacks, corn or cornmeal base, corn puffs and twists; corn-cheese puffs and twists
 Salty snacks, corn or cornmeal base, nuts or nuggets, toasted
 Salty snacks, corn or cornmeal base, tortilla chips
 Salty snacks, corn or cornmeal base, tortilla chips, fat free, made with Olean
 Salty snacks, corn or cornmeal base, tortilla chips, light (baked with less oil)
 Salty snacks, corn or cornmeal base, tortilla chips, lowfat, baked without fat
 Salty snacks, corn or cornmeal base, tortilla chips, unsalted
 Salty snacks, multigrain, chips
 Sandwich spread
 Sausage (not cold cut), NFS
 Sausage and noodles with cream or white sauce (mixture)
 Sausage and rice with (mushroom) soup (mixture)
 Sausage and rice with tomato-based sauce (mixture)

APPENDIX 1 (CONT'D)

Sausage and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), tomato-based sauce (mixture)
 Sausage gravy
 Sausage with tomato-based sauce (mixture)
 Sausage, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)
 Sausage, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)
 Scallops with cheese sauce (mixture)
 Scotch broth (lamb, vegetables, and barley)
 Scrambled egg, made from cholesterol-free frozen mixture with cheese
 Scrambled eggs, bacon, home fried potatoes (frozen meal)
 Scrambled eggs, sausage, hash brown potatoes (frozen meal)
 Scrapple, cooked
 Seafood restructured
 Seafood stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-base sauce
 Seafood stew with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-base sauce
 Seven-layer salad (lettuce salad made with a combination of onion, celery, green pepper, peas, mayonnaise,
 Shellfish mixture and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-base sauce
 Shrimp and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)
 Shrimp and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce (mixture)
 Shrimp and vegetables in sauce with noodles (diet frozen meal)
 Shrimp chow mein or chop suey with noodles
 Shrimp chow mein or chop suey, no noodles
 Shrimp dip, cream cheese base
 Shrimp salad
 Shrimp soup, cream of, NS as to prepared with milk or water
 Shrimp soup, cream of, prepared with water
 Shrimp with lobster sauce (mixture)
 Similac Special Care 24, with iron, infant formula, NS as to form
 Sirloin tips and mushrooms in wine sauce with rotini (diet frozen entree)
 Sirloin tips with gravy, potatoes, vegetable (frozen meal)
 Sirloin tips, potato, vegetable, fruit (diet frozen meal)
 Sirloin, chopped, or swiss steak with gravy, vegetable, potatoes, dessert or muffin (frozen meal)
 Sirloin, chopped, with gravy, mashed potatoes, vegetable (frozen meal)
 Sixlets
 Skittles
 S'mores Crunch
 Sofrito, Puerto Rican seasoning
 Soft taco with beef, cheese, and lettuce
 Sopa de tortilla, Mexican style tortilla soup
 Soup, fruit
 Soupy rice mixture with chicken and potatoes, Puerto Rican style
 Soupy rice with chicken, Puerto Rican style (Asopao de pollo)
 Sour cream, imitation (non-dairy)

APPENDIX 1 (CONT'D)

Soyalac, with iron, infant formula, prepared from liquid concentrate
 Soyalac, with iron, infant formula, prepared from powder
 Soybean soup, miso broth
 Spaghetti and meatballs dinner, NFS (frozen meal)
 Spaghetti and meatballs with tomato sauce, sliced apples, bread (frozen meal)
 Spaghetti and meatballs with vegetable, dessert (frozen meal)
 Spaghetti or noodles with beef in tomato-based sauce, lowfat, reduced sodium (diet frozen meal)
 Spaghetti sauce
 Spaghetti sauce with beef or meat other than lamb or mutton, homemade-style
 Spaghetti sauce with combination of meats, homemade-style
 Spaghetti sauce with meat, canned, no extra meat added
 Spaghetti sauce, fat free
 Spaghetti sauce, low sodium
 Spaghetti with meat and mushroom sauce (diet frozen meal)
 Spaghetti with meat sauce (diet frozen meal)
 Spaghetti with tomato sauce and chicken or turkey
 Spaghetti with tomato sauce and frankfurters or hot dogs
 Spaghetti with tomato sauce and meatballs or spaghetti with meat sauce or spaghetti with meat
 Spaghetti with tomato sauce and meatballs, whole wheat noodles or spaghetti with meat sauce, whole
 Spaghetti with tomato sauce, meatless
 Spaghetti with tomato sauce, meatless, made with spinach noodles
 Spaghetti, cooked, fat added in cooking
 Spider-Man, Ralston
 Spinach and cheese casserole
 Spinach dip, sour cream base
 Spinach, cooked, from frozen, with cheese sauce
 Split pea and ham soup
 Split pea and ham soup, canned, reduced sodium, prepared with water or ready-to-serve

 Split pea soup, canned, reduced sodium, prepared with water or ready-to-serve
 Spoonbread
 Sprinkle Spangles
 Squash, summer, cooked, from fresh, fat added in cooking
 Squash, summer, yellow or green, breaded or battered, fried
 Steak sandwich, plain, on biscuit
 Stewed corned beef, Puerto Rican style ("Corned beef" guisado)
 Stewed dried beef, Puerto Rican style (Tasajo guisado, carne cecina guisada)
 Stewed dry lima beans, puerto rican style
 Stewed dry red beans, Puerto Rican style (Habichuelas coloradas guisadas)
 Stewed goat, Puerto Rican style (Cabrito en fricase, chilindron de chivo)
 Stewed pigeon peas, Puerto Rican style (Gandules guisados, Gandur, Gandules)
 Stewed pink beans with viandas, ham, Puerto Rican style w/o fat
 Stewed pork, Puerto Rican style
 Stewed rice, Puerto Rican style (arroz quisado)
 Stewed tripe, Puerto Rican style, with potatoes (Mondongo)
 Strawberry muesli with pecans and raisins, Ralston
 Stuffed cabbage, with meat and tomato sauce (diet frozen meal)
 Stuffed cabbage, with meat, Puerto Rican style (Repollo relleno con carne) w/ all pork

Stuffed green pepper (frozen meal)

APPENDIX 1 (CONT'D)

Stuffed tannier fritters, Puerto Rican style (Alcapurrias)
 Submarine, cold cut sandwich, on bun, with lettuce
 Sugar-coated chocolate discs
 Sun Crunchers Cereal, General Mills
 Swedish meatballs with cream or white sauce (mixture)
 Sweet and sour chicken or turkey
 Sweet and sour pork
 Sweet and sour pork with rice
 Sweet and sour sauce
 Sweet and sour soup
 Sweet Crunch, Quaker (formerly called Popeye)
 Sweetpotato with fruit
 Taco or tostada salad with beef and cheese, corn chips
 Taco or tostada with beans and cheese, meatless, with lettuce, tomato and salsa
 Taco or tostada with beans, cheese, meat, lettuce, tomato and salsa
 Taco or tostada with beans, meatless, with lettuce, tomato and salsa
 Taco or tostada with beef, cheese and lettuce
 Taco or tostada with beef, lettuce, tomato and salsa
 Taco or tostada with beef, lettuce, tomato and salsa
 Taco or tostada with chicken or turkey, lettuce, tomato and salsa
 Taco or tostada with chicken, cheese, lettuce, tomato and salsa
 Taco or tostada with fish, lettuce, tomato, salsa
 Taco shell, corn
 Taffy
 Tamale casserole with meat
 Tamale casserole, Puerto Rican style (Tamales en cazuela)
 Tamale with meat and/or poultry
 Tamale, plain, meatless, no sauce, Mexican style
 Tamale, sweet
 Tamale, sweet, with fruit
 Tang, dry concentrate
 Taquitos
 Tartar sauce
 Tartar sauce, low calorie
 Tea, made from powdered instant, decaffeinated, presweetened with low calorie sweetener
 Tea, made from powdered instant, presweetened with low calorie sweetener
 Tea, NS as to type, decaffeinated, presweetened with low calorie sweetener
 Tea, NS as to type, presweetened with low calorie sweetener
 Team
 Temptations, French Vanilla Almond, Kellogg's
 Temptations, Honey Roasted Pecan, Kellogg's
 Toasties, Post
 Tomato beef noodle soup, prepared with water
 Tomato beef soup, prepared with water
 Tomato sandwich
 Tomato soup, instant type, prepared with water
 Tomato vegetable soup, prepared with water
 Topping, chocolate flavor, fat free
 Topping, marshmallow
 Topping, peanut butter, thick, fudge type

Tortellini, meat-filled, no sauce

APPENDIX 1 (CONT'D)

Tortellini, meat-filled, with tomato sauce
 Tortellini, meat-filled, with tomato sauce, canned
 Tortilla, corn
 Tortilla, NFS
 Total Corn Flakes
 Triples
 Trix
 Tuna and rice with (mushroom) soup (mixture)
 Tuna casserole with vegetables and (mushroom) soup, no noodles
 Tuna noodle casserole with (mushroom) soup
 Tuna noodle casserole with vegetables and (mushroom) soup
 Tuna salad
 Tuna salad sandwich
 Tuna salad sandwich, with lettuce
 Tuna salad submarine sandwich, on roll, with lettuce
 Tuna salad with cheese
 Tuna salad with egg
 Turkey and pork sausage, fresh, bulk, patty or link, cooked
 Turkey breast with gravy, long-grain and wild rice, vegetable (frozen meal)
 Turkey sandwich, with gravy
 Turkey sausage, reduced fat, brown and serve, cooked
 Turkey vegetable dinner, baby food, strained
 Turkey with dressing, gravy, potato (frozen meal)
 Turkey with dressing, gravy, vegetable and fruit (diet frozen meal)
 Turkey with gravy (mixture)
 Turkey with gravy, dressing, potatoes, vegetable, dessert (frozen meal)
 Turkey with gravy, dressing, potatoes, vegetable, dessert (frozen meal, large meat portion)
 Turkey with vegetable, stuffing (diet frozen meal)
 Turkey, baby food, junior
 Turkey, baby food, NS as to strained or junior
 Turkey, baby food, strained
 Turkey, rice, and vegetables, baby food, toddler
 Turkey, rolled roast, light or dark meat, cooked
 Turnover or dumpling, apple
 Turnover or dumpling, berry
 Turnover or dumpling, cherry
 Turnover or dumpling, lemon
 Turnover or dumpling, peach
 Turnover, chicken- or turkey-, and cheese-filled, no gravy
 Turnover, chicken- or turkey-, and vegetable-filled
 Turnover, meat- and cheese-filled, tomato-based sauce
 Tutti-fruitti pudding, baby food, junior
 Tutti-fruitti pudding, baby food, strained
 TWIX Cookie Bars
 TWIX Peanut Butter Cookie Bars
 Veal dinner, NFS (frozen meal)
 Veal fricassee, Puerto Rican style (ternera en fricase)
 Veal parmigiana with potatoes, vegetable (frozen meal)
 Veal parmigiana with vegetable, fettuccine alfredo, dessert (frozen meal)
 Veal, baby food, strained

Vegetable and bacon, baby food, junior

APPENDIX 1 (CONT'D)

Vegetable and ham, baby food, junior

Vegetable and pasta combinations with cream or cheese sauce (broccoli, pasta, carrots, corn, zucchini, peppers,

Vegetable bean soup, prepared with water or ready-to-serve

Vegetable beef soup, chunky style

Vegetable broth, bouillon

Vegetable burger or patty, meatless, no bun

Vegetable chicken soup, canned, prepared with water, low sodium

Vegetable combination (excluding carrots, broccoli, and dark-green leafy), cooked, with soy-based sauce

Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, with butter sauce

Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, with soy-based sauce

Vegetable combinations (broccoli, carrots, corn, cauliflower, etc.), cooked, fat added in cooking

Vegetable combinations (excluding carrots, broccoli, and dark-green leafy), cooked, with cheese sauce

Vegetable combinations (including carrots, broccoli, and/or dark-green leafy), cooked, with cheese sauce

Vegetable lasagna (frozen meal)

Vegetable noodle soup, canned, reduced sodium, prepared with water or ready-to-serve

Vegetable soup, canned, low sodium, prepared with water or ready-to-serve

Vegetable soup, cream of, made from dry mix, low sodium, prepared with water

Vegetable soup, cream of, prepared with milk

Vegetable soup, dry mix, not reconstituted

Vegetable soup, made from dry mix

Vegetable sticks, breaded (including corn, carrots, and green beans)

Vegetables and cheese in pastry

Vegetables in pastry

Vegetarian bouillon, dry

Vegetarian meat loaf or patties (meat loaf made with meat substitute)

Vegetarian pot pie

Vichyssoise soup

Waffle Crisp, Post

Waffle, multi-bran

Wheat, cream of, cooked, quick, fat added in cooking

Wheaties Honey Gold

Whipped cream substitute, non-dairy, lowfat, low sugar, made from powdered mix

White potato chips, fat free, made with Olean

White potato skins, with adhering flesh, fried, with cheese and bacon

White potato, baked, peel eaten, fat added in cooking

White potato, boiled, without peel, fat added in cooking

White potato, chips, restructured, baked

White potato, chips, restructured, fat free, made with Olean

White potato, cooked, with cheese

White potato, french fries, breaded or battered

White potato, from complete dry mix, mashed, made with water

White potato, from dry, mashed, made with milk and fat

White potato, from fresh, mashed, made with fat

White potato, from fresh, mashed, made with milk and fat
White potato, scalloped

APPENDIX 1 (CONT'D)

White potato, stuffed with ham, broccoli and cheese sauce, baked, peel eaten
White potato, stuffed, baked, peel eaten, stuffed with bacon and cheese
White potato, stuffed, baked, peel eaten, stuffed with chili
White potato, stuffed, baked, peel eaten, stuffed with meat in cream sauce
White potato, stuffed, baked, peel not eaten, stuffed with bacon and cheese
White potato, stuffed, baked, peel not eaten, stuffed with chili
Won ton soup
Yogurt dressing
Yogurt, chocolate, nonfat milk
Yogurt, chocolate, NS as to type of milk
Yogurt, chocolate, whole milk
Yogurt, frozen, flavors other than chocolate, nonfat milk, with low-calorie sweetener
Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk, sweetened with low
calorie sweetener
Zucchini lasagna (diet frozen meal)

APPENDIX 2

**CATEGORIES OF FOODS ASSUMED TO CONTAIN CRY9C AT THE SAME
CONCENTRATION AS SIMILAR FOODS ANALYZED BY AVENTIS**

APPENDIX 2

CATEGORIES OF FOODS ASSUMED TO CONTAIN CRY9C AT THE SAME CONCENTRATION AS SIMILAR FOODS ANALYZED BY AVENTIS

GROUP A

SOFT TORTILLAS

Mexican dinner with fried beans, frozen
 Tortilla, NFS
 Tortilla, corn
 Burrito with beef and potato, no beans
 Chilaquiles, tortilla casserole with salsa, cheese, and egg
 Chilaquiles, tortilla casserole with salsa and cheese, no egg
 Enchilada with beef, no beans
 Enchilada with beef and beans
 Enchilada with beef, beans, and cheese
 Enchilada with beef and cheese, no beans
 Enchilada with ham and cheese, no beans
 Enchilada with chicken, tomato-based sauce
 Enchilada with chicken and beans, tomato-based sauce
 Enchilada with chicken, beans, and cheese, tomato- based sauce W/ MONTEREY CHEESE
 Enchilada with chicken and cheese, no beans, tomato- based sauce
 Enchilada with beans, meatless
 Enchilada with beans and cheese, meatless
 Enchilada with cheese, meatless, no beans
 Enchilada with seafood, tomato-based sauce
 Flauta with chicken
 Soft taco with beef, cheese, and lettuce
 Chalupa with beans, cheese, lettuce and tomato
 Chalupa with beans, chicken, cheese, lettuce and tomato
 Quesadilla with cheese, meatless
 Taquitos
 Beef enchilada dinner, NFS (frozen meal)
 Beef enchilada, chili gravy, rice, refried beans (frozen meal)
 Cheese enchilada with beans and rice (frozen meal)
 Cheese enchilada (frozen meal)
 Chicken enchilada (diet frozen meal)
 Mexican casserole made with ground beef, beans, tomato sauce, cheese, taco seasonings,
 and corn chips
 Mexican casserole made with ground beef, tomato sauce, cheese, taco seasonings, and
 corn chips
 Gordita/sope shell, plain, no filling, grilled, no fat added
 Gordita/sope shell, plain, no filling, fried in oil
 Huevos rancheros
 Sopa de tortilla, Mexican style tortilla soup

APPENDIX 2 (CONT'D)

GROUP B

BAKED TACO SHELLS

Taco shell, corn
Taco or tostada with beef, cheese and lettuce
Taco or tostada with beef, lettuce, tomato and salsa
Taco or tostada with beef, lettuce, tomato and salsa
Taco or tostada with chicken or turkey, lettuce, tomato and salsa
Taco or tostada with chicken, cheese, lettuce, tomato and salsa
Taco or tostada with fish, lettuce, tomato, salsa
Taco or tostada with beans, meatless, with lettuce, tomato and salsa
Taco or tostada with beans and cheese, meatless, with lettuce, tomato and salsa
Taco or tostada with beans, cheese, meat, lettuce, tomato and salsa
Taco or tostada salad with beef and cheese, corn chips

GROUP C

FRIED TORTILLA CHIPS

Salty snacks, corn or cornmeal base, nuts or nuggets, toasted
Salty snacks, corn or cornmeal base, corn chips, corn-cheese chips
Salty snacks, corn or cornmeal base, tortilla chips
Salty snacks, corn or cornmeal base, corn chips, corn-cheese chips, unsalted
Salty snacks, corn or cornmeal base, tortilla chips, light (baked with less oil)
Salty snacks, corn or cornmeal base, tortilla chips, lowfat, baked without fat
Salty snacks, corn or cornmeal base, tortilla chips, unsalted
Salty snack mixture, mostly corn or cornmeal based, with pretzels, without nuts
Salty snacks, multigrain, chips
Multigrain mixture, pretzels, cereal and/or crackers, nuts
Nachos with beef, beans, cheese, and sour cream
Nachos with cheese and sour cream
Nachos with cheese, meatless, no beans
Nachos with beans and cheese
Nachos with beef, beans, and cheese
Nachos with beef and cheese
Nachos with chili
Nachos with beef, beans, cheese, tomatoes and onions
Nachos with chicken or turkey and cheese
Salty snacks, corn or cornmeal base, tortilla chips, fat free, made with Olean
Pretzel, hard, multigrain
Bagel chip

GROUP D

CORN PUFFS

Salty snacks, corn or cornmeal base, corn puffs and twists; corn-cheese puffs and twists
Salty snacks, corn based puffs and twists, cheese puffs and twists, lowfat

APPENDIX 2 (CONT'D)

GROUP E

PUFFED CEREAL

Cereal, NFS
 All-Bran with Extra Fiber
 Alpha-Bits
 Alpha-bits with marshmallows
 Apple Jacks
 Basic 4
 Berry Berry Kix
 Cap'n Crunch
 Cap'n Crunch's Crunch Berries
 Cap'n Crunch's Deep Sea Crunch
 Cap'n Crunch's Peanut Butter Crunch
 Chocolate flavored frosted puffed corn cereal
 Cocoa Blasts, Quaker
 Cocoa Puffs
 Cookie-Crisp
 Crunchy Corn Bran, Quaker
 Corn Chex
 Corn Puffs
 Count Chocula
 Crisp Crunch
 Crispix
 Double Dip Crunch, Kellogg's
 Fiber One
 Froot Loops
 Fruit Rings, NFS
 Fruit Whirls
 Golden Grahams
 Hidden Treasures, General Mills
 Honeycomb, plain
 Kaboom
 King Vitamin
 Kix
 Life (plain and cinnamon)
 Mini Buns Cereal (cinnamon)
 Mueslix cereal, NFS
 Mueslix with raisins, walnuts, and cranberries
 Muesli with raisins, peaches, and pecans
 Mueslix Crispy Blend (formerly Mueslix Five Grain Muesli Cereal)
 Muesli with raisins, dates, and almonds
 Mueslix golden crunch cereal
 Muesli with apples and almonds, Ralston Purina
 Strawberry muesli with pecans and raisins, Ralston
 Multi Bran Chex
 Multi Grain Cheerios
 Pop Tarts Crunch Cereal
 Quisp
 Raisin Life

APPENDIX 2 (CONT'D)

GROUP E

PUFFED CEREAL (CONT'D)

Reese's Peanut Butter Puffs cereal
Ripple Crisp Golden Corn
Ripple Crisp Honey Bran, General Mills
S'mores Crunch
Sprinkle Spangles
Sun Crunchers Cereal, General Mills
Corn Pops
Team
Toasties, Post
Triples
Trix
Waffle Crisp, Post
Booberry
Bran Chex
Fruity Yummy Mummy cereal
Cinnamon Grahams, General Mills
Frankenberry
French Toast Crunch, General Mills
Frosted Bran, Kellogg's
Frosted Cheerios
Malt-O-Meal Coco-Roos
Malt-O-Meal Corn Bursts
Malt-O-meal Tootie Fruities
Multi-Grain Cheerios Plus
Oh's, Crunchy Nut
Oh's, Honey Graham
Oh's, Fruitangy, Quaker
Oreo O's cereal, Post
TWIX Cookie Bars
TWIX Peanut Butter Cookie Bars
Kit Kat
Butterfinger

GROUP F

CORN FLAKES

Corn flakes, NFS
Corn flakes, Kellogg
Total Corn Flakes
Honey Crunch Corn Flakes, Kellogg's
Just Right
Just Right with raisins, dates, and nuts
Nut and Honey Crunch (flakes)
Product 19
Frosted corn flakes, NFS
Frosted Flakes, Kellogg
Apple Raisin Crisp
Honey Bunches of Oats

APPENDIX 2 (CONT'D)**GROUP F****CORN FLAKES (CONT'D)**

Honey Bunches of Oats with Almonds, Post
 Honey Nut Chex
 Cereal, ready-to-eat, NFS
 Apple Cinnamon Oh's Cereal
 Blueberry Morning, Post
 Nutri-Grain Almond Raisin
 Oat Bran Flakes, Health Valley
 Sweet Crunch, Quaker (formerly called Popeye)
 Quaker Oat Bran Cereal
 Cocoa Frosted Flakes, Kellogg's
 Temptations, French Vanilla Almond, Kellogg's
 Temptations, Honey Roasted Pecan, Kellogg's
 Wheaties Honey Gold
 High protein cereal, baby food, dry, instant
 Mixed cereal, baby food, dry, instant
 Mixed cereal with bananas, baby food, dry, instant
 Gerber Graduates Finger Snacks Cereal, baby food
 Healthy Choice Almond Crunch with raisins, Kellogg's
 Healthy Choice Multi-Grain Flakes, Kellogg's

GROUP G**POLENTA**

Tamale, sweet
 Tamale, sweet, with fruit
 Cornmeal mush, made with water
 Multigrain cereal, cooked, fat not added in cooking
 Cornmeal mush, fried
 Cornmeal mush, made with milk
 Grits, cooked, corn or hominy, NS as to regular, quick or instant, NS as to
 Grits, cooked, corn or hominy, NS as to regular, quick, or instant, fat not added
 Grits, cooked, corn or hominy, regular, fat not added in cooking
 Grits, cooked, corn or hominy, regular, fat added in cooking
 Grits, cooked, corn or hominy, regular, NS as to fat added in cooking
 Grits, cooked, corn or hominy, NS as to regular, quick, or instant, fat added in
 Grits, cooked, corn or hominy, with cheese, NS as to regular, quick, or instant, NS
 Grits, cooked, corn or hominy, quick, fat not added in cooking
 Grits, cooked, corn or hominy, quick, NS as to fat added in cooking
 Grits, cooked, corn or hominy, instant, fat not added in cooking
 Grits, cooked, corn or hominy, instant, NS as to fat added in cooking
 Grits, cooked, flavored, corn or hominy, instant, fat not added in cooking
 Grits, cooked, flavored, corn or hominy, instant, fat added in cooking
 Grits, cooked, flavored, corn or hominy, instant, NS as to fat added in cooking
 Grits, cooked, corn or hominy, NS as to regular, quick, or instant, NS as to
 Hominy, cooked, NS as to fat added in cooking
 Hominy, cooked, fat not added in cooking
 Hominy, cooked, fat added in cooking

APPENDIX 2 (CONT'D)

GROUP G

POLENTA (CONT'D)

Cornmeal, made with evaporated milk and sugar, Puerto Rican Style (Harina de maiz con leche)
 Cornmeal, lime-treated, cooked (Masa harina)
 Tamale with meat and/or poultry
 Tamale, plain, meatless, no sauce, Mexican style
 Tamale casserole with meat
 Tamale casserole, Puerto Rican style (Tamales en cazuela)
 Grits, cooked, corn or hominy, with cheese, NS as to regular, quick, or instant, fat
 Grits, cooked, corn or hominy, with cheese, regular, NS as to fat added in cooking
 Grits, cooked, corn or hominy, with cheese, regular, fat not added in cooking
 Grits, cooked, corn or hominy, with cheese, instant, NS as to fat added in cooking
 Grits, cooked, corn or hominy, with cheese, instant, fat not added in cooking
 Grits, cooked, corn or hominy, with cheese, instant, fat added in cooking w/ butter, nfs
 Oat cereal, NFS
 Meat and hominy soup, Mexican style (Pozole)
 Pudding, Indian (milk, molasses and cornmeal-based pudding)
 Italian pie, meatless
 Italian pie with meat
 Pasta, cooked, corn-based, NS as to fat added in cooking
 Pasta, cooked, corn-based, fat not added in cooking

GROUP H

CORN MUFFINS

Cornbread muffin, stick, round
 Cornbread muffin, stick, round, toasted
 Cornbread, muffin, stick, round, made from home recipe
 Corn flour patty or tart, fried w/ soybean oil
 Corn pone, baked
 Muffin, English, wheat or cracked wheat
 Muffin, English, wheat or cracked wheat, toasted
 Muffin, English, whole wheat, other than 1 or NS as to 100%, toasted
 Muffin, English, whole wheat, 100%
 Muffin, English, whole wheat, 100%, toasted
 Muffin, fruit and/or nuts
 Muffin, NFS
 Muffin, multigrain, with nuts
 Pancakes, cornmeal
 Breakfast bar, date, with yogurt coating
 Cracker, high fiber, no added fat
 Meal replacement bar
 Meal replacement, high protein, milk based, fruit juice mixable formula, powdered, not reconstituted
 Meal replacement, protein type, milk- and soy-based, powdered, not reconstituted
 Meal replacement, protein type, milk-based, powdered, not reconstituted
 Waffle, multi-bran
 Pancakes, plain

APPENDIX 2 (CONT'D)

GROUP H

CORN MUFFINS (CONT'D)

Pancakes, buckwheat
 Pancakes, reduced calorie, high fiber
 Pancakes, with fruit
 French toast sticks, plain
 Cookie, NS as to type
 Cookie, chocolate chip sandwich
 Cookie, chocolate and vanilla sandwich
 Cookie, graham cracker with marshmallow
 Cookie, teething, baby food
 Roll, French or Vienna
 Roll, pumpernickel
 Roll, pumpernickel, toasted
 Granola bar, high fiber, coated with non-chocolate yogurt coating
 Cracker, snack, lowfat, low sodium
 Crackers, oat
 Puffed corn cake
 Veal dinner, NFS (frozen meal)
 Veal parmigiana with potatoes, vegetable (frozen meal)
 Cookie, fruit, baby
 Cookie, chocolate, chocolate sandwich or chocolate-coated or striped
 Cookie, chocolate-covered, chocolate sandwich
 Cookie, chocolate, sandwich, with extra filling
 Cookie, fig bar, fat free
 Cookie, shortbread
 Cookie, shortbread, with chocolate filling
 Chicken patty with vegetable (diet frozen meal)
 Frankfurter or hot dog, with chili, no bun
 Chili con carne with beans and rice
 Frankfurter or hot dog, with chili, on bun
 Frankfurter or hot dog with chili and cheese, on bun
 White potato, stuffed, baked, peel not eaten, stuffed with chili
 White potato, stuffed, baked, peel eaten, stuffed with chili

GROUP I

CORN BREAD

Bread, cornmeal and molasses
 Bread, cornmeal and molasses, toasted
 Cornbread, prepared from mix
 Cornbread, made from home recipe
 Cornbread stuffing
 Chicken cornbread
 Cornmeal dressing with chicken or turkey and vegetables
 Ground beef with tomato sauce and taco seasonings on a cornbread crust
 Bread, multigrain, reduced calorie and/or high fiber
 Bread, multigrain, reduced calorie and/or high fiber, toasted
 Pie, chess

APPENDIX 2 (CONT'D)

GROUP J HUSH PUPPIES

Hush puppy
Spoonbread
Cornmeal fritter, Puerto Rican style (Arepa; P.R. arepita)
Cornmeal dumpling
Cornmeal sticks, boiled
Fish and chips (frozen meal)
Fish, batter-dipped, or fish cake, with vegetable, potatoes, dessert (frozen meal)
Onion-flavored rings
Cauliflower, batter-dipped, fried
Mushrooms, batter-dipped, fried
Okra, batter-dipped, fried
Onion rings, NS as to form, batter-dipped, baked or fried
Onion rings, from fresh, batter-dipped, baked or fried
Onion rings, NS as to form, batter-dipped, baked or fried
Squash, summer, yellow or green, breaded or battered, fried
Beef steak, battered, fried, NS as to fat eaten
Beef steak, battered, fried, lean and fat eaten
Beef steak, battered, fried, lean only eaten
Ice cream, fried
Scrapple, cooked
White potato, french fries, breaded or battered
Pupusa, cheese-filled
Pupusa, meat-filled
Vegetable sticks, breaded (including corn, carrots, and green beans)

GROUP K FOODS WITH STARCH ONLY

Submarine, cold cut sandwich, on bun, with lettuce
Meat spread or potted meat sandwich
Hors d'oeuvres, with spread
Beef stew, baby food, toddler
Beef with vegetables, baby food, toddler
Chicken, noodles, and vegetables, baby food, toddler
Turkey, rice, and vegetables, baby food, toddler
Turkey vegetable dinner, baby food, strained
Frozen dinner, NFS
Beef dinner, NFS (frozen meal)
Sirloin, chopped, with gravy, mashed potatoes, vegetable (frozen meal)
Sirloin, chopped, or swiss steak with gravy, vegetable, potatoes, dessert or muffin (frozen meal)
Sirloin tips with gravy, potatoes, vegetable (frozen meal)
Sirloin tips, potato, vegetable, fruit (diet frozen meal)
Sirloin tips and mushrooms in wine sauce with rotini (diet frozen entree)
Salisbury steak with gravy, potatoes, vegetable (frozen meal)
Salisbury steak, potatoes, vegetable, dessert (diet frozen meal)
Beef, sliced, with gravy, barley and wild rice, vegetables (diet frozen meal)

APPENDIX 2 (CONT'D)

GROUP K

FOODS WITH STARCH ONLY (CONT'D)

Beef, sliced, with gravy, potatoes, vegetable (frozen meal)
 Beef, sliced, with vegetable in sauce, au gratin potatoes (frozen meal)
 Beef with noodles, vegetable (frozen meal)
 Beef short ribs, boneless, with barbecue sauce, potatoes, vegetable (frozen meal)
 Meatballs, Swedish, in sauce, with noodles (frozen meal)
 Meatballs, Swedish, in sauce, with noodles and vegetable medley (frozen meal)
 Meatballs, Swedish, in gravy, with noodles (diet frozen meal)
 Beef, oriental style, with vegetable, rice, and fruit dessert (diet frozen meal)
 Beef with spaetzle or rice, vegetable (frozen meal)
 Beef steak with rice, vegetable (diet frozen meal)
 Pork, sliced, with gravy, mashed potatoes, vegetable, dessert (frozen meal)
 Chicken patty, breaded, with tomato sauce and cheese, fettuccine alfredo, vegetable (frozen meal)
 Chicken patty, or nuggets, boneless, breaded, with pasta and tomato sauce, fruit, dessert (frozen meal)
 Chicken teriyaki with rice, vegetable (frozen meal)
 Chicken with rice-vegetable mixture (diet frozen meal)
 Chicken with rice and vegetable, reduced fat and sodium (diet frozen meal)
 Chicken and vegetables in cream or white sauce (diet frozen meal)
 Chicken and vegetables au gratin with rice-vegetable mixture (diet frozen entree)
 Chicken in cream sauce, with brown and wild rice, vegetable, and fruit dessert (diet frozen)
 Chicken and vegetable entree with rice, Oriental (frozen meal)
 Chicken and vegetable entree with rice, Oriental (diet frozen meal)
 Chicken and vegetable entree, oriental (diet frozen meal)
 Chicken chow mein with rice (diet frozen meal)
 Chicken chow mein with rice, reduced fat and sodium (diet frozen meal)
 Chicken with noodles and cheese sauce (diet frozen meal)
 Chicken cacciatore with noodles (diet frozen meal)
 Chicken and vegetable entree with noodles (diet frozen meal)
 Chicken in cream sauce with noodles and vegetable (frozen meal)
 Chicken in soy-based sauce, rice and vegetables (frozen meal)
 Chicken in orange sauce with almond rice (diet frozen meal)
 Chicken in barbecue sauce, with rice, vegetable and dessert, reduced fat and sodium (diet frozen)
 Turkey with dressing, gravy, potato (frozen meal)
 Turkey with dressing, gravy, vegetable and fruit (diet frozen meal)
 Turkey with vegetable, stuffing (diet frozen meal)
 Turkey with gravy, dressing, potatoes, vegetable, dessert (frozen meal)
 Turkey with gravy, dressing, potatoes, vegetable, dessert (frozen meal, large meat portion)
 Turkey breast with gravy, long-grain and wild rice, vegetable (frozen meal)
 Fish in lemon-butter sauce with starch item, vegetable (frozen meal)
 Shrimp and vegetables in sauce with noodles (diet frozen meal)
 Stuffed green pepper (frozen meal)
 Stuffed cabbage, with meat and tomato sauce (diet frozen meal)
 Beef, broth, bouillon, or consommé, dry, not reconstituted
 Beef, broth, bouillon, or consommé, low sodium, dry, not reconstituted

APPENDIX 2 (CONT'D)**GROUP K****FOODS WITH STARCH ONLY (CONT'D)**

Chili beef soup
 Chili beef soup, chunky style
 Beef vegetable soup with potato, stew type
 Beef vegetable soup with noodles, stew type, chunky style
 Beef vegetable soup with rice, stew type, chunky style
 Beef stroganoff soup, chunky style
 Bacon soup, cream of, prepared with water
 Scotch broth (lamb, vegetables, and barley)
 Chicken rice soup, Puerto Rican style (Sopa de pollo con arroz)
 Chicken soup with noodles and potatoes, Puerto Rican style
 Sweet and sour soup
 Chicken corn soup, home recipe
 Chicken vegetable soup with rice, stew type, chunky style
 Chicken vegetable soup with potato and cheese, chunky style
 Hot and sour soup
 Chicken or turkey soup, cream of, canned, made with milk, reduced sodium
 Chicken or turkey soup, cream of, canned, made with water, reduced sodium
 Chicken or turkey soup, cream of, NS as to prepared with milk or water
 Chicken or turkey soup, cream of, prepared with milk
 Chicken or turkey soup, cream of, prepared with water
 Chicken or turkey soup, cream of, canned, undiluted
 Chicken and mushroom soup, cream of, prepared with milk
 Fish chowder
 Clam chowder, NS as to Manhattan or New England style
 Clam chowder, Manhattan
 Clam chowder, New England, canned, reduced sodium, ready-to-serve
 Salmon soup, cream style
 Shrimp soup, cream of, NS as to prepared with milk or water
 Shrimp soup, cream of, prepared with water
 Gravy, giblet
 Gravy, mushroom
 Gravy, redeye
 Gravy or sauce, Chinese (soy sauce, stock or bouillon, cornstarch)
 Oyster-flavored sauce
 Egg, Benedict
 Egg, deviled
 Egg salad
 Egg omelet or scrambled egg, fat added in cooking
 Egg omelet or scrambled egg, with cheese
 Egg omelet or scrambled egg, with ham or bacon
 Egg omelet or scrambled egg, with cheese and ham or bacon
 Egg omelet or scrambled egg, with cheese, ham or bacon, and tomatoes
 Egg omelet or scrambled egg, with sausage and mushrooms
 Egg omelet or scrambled egg, with sausage and cheese
 Egg omelet or scrambled egg, with sausage
 Egg casserole with bread, cheese, milk and meat
 Egg, cheese, and ham on English muffin
 Egg, cheese, and sausage on biscuit

APPENDIX 2 (CONT'D)

GROUP K

FOODS WITH STARCH ONLY (CONT'D)

Egg, cheese, and bacon on biscuit
 Egg, cheese, and bacon on English muffin
 Egg and bacon on biscuit
 Egg salad sandwich
 Scrambled egg, made from cholesterol-free frozen mixture with cheese
 Scrambled eggs, sausage, hash brown potatoes (frozen meal)
 Scrambled eggs, bacon, home fried potatoes (frozen meal)
 Beans, dry, cooked, NS as to type, fat added in cooking
 Baked beans, with tomato sauce
 Chili beans, barbecue beans, ranch style beans or Mexican- style beans
 Kidney bean salad
 Black bean sauce
 Pork and beans
 Stewed dry red beans, Puerto Rican style (Habichuelas coloradas guisadas)
 Stewed pink beans with viandas, ham, Puerto Rican style w/o fat
 Baked beans, low sodium
 Stewed pigeon peas, Puerto Rican style (Gandules guisados, Gandur, Gandules)
 Chickpeas stewed with pig's feet, Puerto Rican style (Garbanzos guisados con patitos de cerdo)
 Hoisin sauce
 Meal replacement or supplement, soy- and milk-base, powder, reconstituted with water

Ensure with fiber, liquid
 Ensure plus liquid nutrition
 Meal replacement or supplement, liquid, soy-based
 Bean soup, NFS
 Bean with bacon or pork soup
 Soybean soup, miso broth
 Portuguese bean soup
 Bean and ham soup, chunky style
 Bean soup with vegetables and rice, canned, reduced sodium, prepared with water or ready-to-serve
 Chunky pea and ham soup
 Split pea and ham soup
 Split pea soup, canned, reduced sodium, prepared with water or ready-to-serve
 Split pea and ham soup, canned, reduced sodium, prepared with water or ready-to-serve

Breakfast link, pattie, or slice, meatless
 Frankfurter or hot dog, meatless
 Luncheon slice, meatless-beef, chicken, salami or turkey
 Meatball, meatless
 Vegetable burger or patty, meatless, no bun
 Vegetarian pot pie
 Vegetarian meat loaf or patties (meat loaf made with meat substitute)
 Vegetarian bouillon, dry
 Bread, garlic, toasted
 Bread, white, special formula, added fiber
 Bread, white, special formula, added fiber, toasted
 Bread, white, special formula, high calcium

Cake, black forest (chocolate-cherry)

APPENDIX 2 (CONT'D)**GROUP K****FOODS WITH STARCH ONLY (CONT'D)**

Cake, Boston cream pie
Cake, butter, without icing
Cake, butter, with icing
Cheesecake, diet
Cheesecake with fruit
Cheesecake, diet, with fruit
Cake, German chocolate, with icing and filling
Cake, chocolate, with icing, diet
Cake, chocolate, devil's food, or fudge, pudding-type mix, made by Lite recipe (eggs and water)
Cake, pound, chocolate, fat free, cholesterol free
Cake, pound, fat free, cholesterol free
Cake, pumpkin, NS as to icing
Cake, pumpkin, with icing
Cake, sponge, without icing
Cake, sponge, with icing
Pie, NFS
Pie, individual size or tart, NFS
Pie, apple, two crust
Pie, apple, individual size or tart
Pie, apple, one crust
Pie, apple, diet
Pie, apricot, two crust
Pie, blackberry, two crust
Pie, berry, not blackberry, blueberry, boysenberry, huckleberry, raspberry, or strawberry; two crust
Pie, berry, not blackberry, blueberry, boysenberry, huckleberry, raspberry, or strawberry; one crust
Pie, berry, not blackberry, blueberry, boysenberry, huckleberry, raspberry, or strawberry, individual size or tart
Pie, blueberry, two crust
Pie, blueberry, one crust
Pie, blueberry, individual size or tart
Pie, cherry, two crust
Pie, cherry, one crust
Pie, cherry, individual size or tart
Pie, peach, two crust
Pie, peach, one crust
Pie, peach, individual size or tart
Pie, pineapple, two crust
Pie, pineapple, individual size or tart
Pie, plum, two crust
Pie, raisin, two crust
Pie, raisin, individual size or tart
Pie, raspberry, one crust
Pie, raspberry, two crust
Pie, rhubarb, two crust
Pie, rhubarb, one crust

APPENDIX 2 (CONT'D)

GROUP K

FOODS WITH STARCH ONLY (CONT'D)

Pie, strawberry, one crust
 Pie, strawberry-rhubarb, two crust
 Pie, strawberry, individual size or tart
 Pie, cherry, made with cream cheese and sour cream
 Pie, banana cream
 Pie, coconut cream
 Pie, coconut cream, individual size or tart
 Pie, custard
 Pie, custard, individual size or tart
 Pie, lemon cream
 Pie, lemon cream, individual size or tart
 Pie, peanut butter cream
 Pie, pumpkin
 Pie, strawberry cream
 Pie, vanilla cream
 Pie, chiffon, not chocolate
 Pie, lemon meringue
 Pie, chocolate-marshmallow
 Pie, praline mousse, with nuts
 Pie, pudding, flavors other than chocolate
 Pie, pudding, flavors other than chocolate, individual size or tart
 Pie, pudding, chocolate, with chocolate coating, individual size
 Pie, pudding, flavors other than chocolate, with chocolate coating, individual size

 Cobbler, apple
 Cobbler, berry
 Cobbler, cherry
 Cobbler, peach
 Cobbler, pineapple
 Macaroni, cooked, fat added in cooking
 Noodles, cooked, fat added in cooking
 Spaghetti, cooked, fat added in cooking
 Cornstarch, dry
 Cornstarch, hydrolyzed powder
 Oatmeal, cooked, regular, fat added in cooking
 Oatmeal, fortified, cooked, instant, fat added in cooking
 Rice, white, cooked, regular, fat added in cooking
 Rice, white, cooked, instant, fat added in cooking
 Rice, white, cooked, converted, fat added in cooking
 Wheat, cream of, cooked, quick, fat added in cooking
 Apple Cinnamon Squares
 Cheerios
 Frosty O's
 Fruit Wheats
 Granola, lowfat, Kellogg's
 Granola with Raisins, lowfat, Kellogg's
 Lucky Charms
 Frosted oat cereal with marshmallows
 Malt-O-Meal Marshmallow Mateys

APPENDIX 2 (CONT'D)**GROUP K****FOODS WITH STARCH ONLY (CONT'D)**

Malt-O-Meal Toasted Oat Cereal
 Marshmallow Safari, Quaker
 Quaker Oat Squares
 Rice Krispies Treats Cereal (Kellogg's)
 Rice cereal with mixed fruit, baby food, jarred
 Pizza with meat, NS as to type of crust
 Pizza with meat, thin crust
 Pizza with meat, thick crust
 Pizza with meat and vegetables, NS as to type of crust
 Pizza with meat and vegetables, thin crust
 Pizza with meat and vegetables, thick crust
 Pizza with meat and fruit, NS as to type of crust
 Pizza with meat and fruit, thin crust
 Pizza with meat and fruit, thick crust
 Pizza with meat and vegetables, lowfat, thin crust
 Pizza with seafood, thin crust
 Pizza with seafood, thick crust
 Ground beef with tomato sauce on a pizza crust
 Calzone, with meat and cheese
 Dim sum, meat filled (egg roll-type)
 Dumpling, steamed, filled with meat, poultry, or seafood
 Meat turnover, Puerto Rican style (Pastelillo de carne; Empanadilla)
 Crepes, filled with meat, fish, or poultry, with sauce w/ all tuna
 Dumpling, meat-filled
 Quiche with meat, poultry or fish
 Turnover, meat- and cheese-filled, tomato-based sauce
 Turnover, chicken- or turkey-, and cheese-filled, no gravy
 Turnover, chicken- or turkey-, and vegetable-filled
 Vegetables in pastry
 Vegetables and cheese in pastry
 Croissant, filled with broccoli and cheese
 Croissant, filled with ham and cheese
 Croissant, filled with chicken, broccoli, and cheese sauce
 Croissant with bacon, egg, and cheese
 Biscuit with gravy
 Dressing with meat and vegetables
 Lasagna with meat and/or poultry
 Lasagna with meat, canned
 Ravioli, meat-filled, with tomato sauce or meat sauce
 Ravioli, meat-filled, with tomato sauce or meat sauce, canned
 Ravioli, cheese-filled, with tomato sauce, canned
 Spaghetti with tomato sauce, meatless
 Spaghetti with tomato sauce and meatballs or spaghetti with meat sauce or spaghetti with meat
 Pasta with tomato sauce and meat or meatballs, canned
 Spaghetti with tomato sauce and meatballs, whole wheat noodles or spaghetti with meat sauce, whole
 Spaghetti with tomato sauce, meatless, made with spinach noodles

APPENDIX 2 (CONT'D)**GROUP K****FOODS WITH STARCH ONLY (CONT'D)**

Spaghetti with tomato sauce and frankfurters or hot dogs
 Spaghetti with tomato sauce and chicken or turkey
 Manicotti, cheese-filled, with tomato sauce, meatless
 Tortellini, meat-filled, with tomato sauce
 Tortellini, meat-filled, with tomato sauce, canned
 Tortellini, meat-filled, no sauce
 Chow fun noodles with meat and vegetables
 Lo mein with shrimp
 Macaroni or noodles with cheese
 Macaroni or noodles with cheese, made from dry mix
 Macaroni or noodles with cheese and tuna
 Macaroni or noodles with cheese and beef
 Macaroni or noodles with cheese and pork or ham
 Macaroni or noodles with cheese and frankfurters or hot dogs
 Macaroni and cheese with egg
 Pasta with meat sauce
 Pasta with cheese and meat sauce
 Pasta with carbonara sauce
 Pasta with cheese and tomato sauce, meatless
 Pasta, meat-filled, with gravy, canned
 Macaroni salad
 Macaroni salad with egg
 Macaroni salad with tuna
 Macaroni salad with crab meat
 Macaroni salad with shrimp
 Macaroni salad with tuna and egg
 Macaroni salad with cheese
 Macaroni salad with cheese
 Pasta salad (macaroni or noodles, vegetables, dressing)
 Pasta salad with meat (macaroni or noodles, vegetables, meat, dressing)
 Rice with chicken, Puerto Rican style (Arroz con Pollo)
 Soupy rice with chicken, Puerto Rican style (Asopao de pollo)
 Soupy rice mixture with chicken and potatoes, Puerto Rican style
 Stewed rice, Puerto Rican style (arroz quisado)
 Rice with vienna sausage, Puerto Rican style (arroz con salchichas)
 Rice with Spanish sausage, Puerto Rican style
 Rice with onions, Puerto Rican style (arroz con cebollas)
 Pigeon pea asopao (Asopao de gandules)
 Rice with beans and pork
 Flavored rice mixture
 Flavored rice mixture with cheese
 Flavored rice, white and wild
 Flavored rice, brown and wild
 Flavored rice and pasta mixture
 Rice dessert or salad with fruit
 Lasagna with cheese, tomato sauce, vegetable, dessert (frozen meal)
 Lasagna with cheese and sauce (diet frozen meal)
 Vegetable lasagna (frozen meal)

APPENDIX 2 (CONT'D)**GROUP K****FOODS WITH STARCH ONLY (CONT'D)**

Zucchini lasagna (diet frozen meal)
 Macaroni and cheese (diet frozen meal)
 Macaroni and cheese with apples, vegetable (frozen meal)
 Spaghetti or noodles with beef in tomato-based sauce, lowfat, reduced sodium (diet frozen meal)
 Noodles with vegetables in tomato-based sauce (diet frozen meal)
 Spaghetti and meatballs dinner, NFS (frozen meal)
 Spaghetti and meatballs with tomato sauce, sliced apples, bread (frozen meal)
 Spaghetti and meatballs with vegetable, dessert (frozen meal)
 Spaghetti with meat and mushroom sauce (diet frozen meal)
 Spaghetti with meat sauce (diet frozen meal)
 Rigatoni with meat sauce and cheese (diet frozen meal)
 Ravioli, cheese-filled, with vegetable and fruit (frozen meal)
 Cannelloni, cheese-filled, with tomato sauce (diet frozen meal)
 Linguini with clam sauce (diet frozen meal)
 Macaroni or noodles, spinach, with chicken and cheese sauce (diet frozen meal)
 Pasta, spinach, with vegetables and cheese sauce (diet frozen meal)
 Pasta with vegetable and cheese sauce (diet frozen meal)
 Pancakes and sausage (frozen meal)
 Chicken rice soup, canned, reduced sodium, prepared with water or ready-to-serve
 Chicken rice soup, canned, reduced sodium, prepared with milk
 Rice and potato soup, Puerto Rican style
 Instant soup, NFS
 Instant soup, noodle
 Won ton soup
 Noodle soup, made with milk
 Macaroni with beef and tomato sauce, baby food, toddler
 Macaroni and cheese, baby food, toddler
 Ravioli, meat-filled, with tomato sauce, baby food, toddler
 Ravioli, cheese-filled, with tomato sauce, baby food, toddler
 Cherry pie filling
 Blueberry pie filling
 Apple salad with dressing
 Fruit salad (excluding citrus fruits) with salad dressing or mayonnaise
 Fruit salad (excluding citrus fruits) with marshmallows
 Fruit salad (including citrus fruits) with salad dressing or mayonnaise
 Fruit salad (including citrus fruits) with marshmallows
 Fruit dessert with cream and/or pudding and nuts
 Pear salad with dressing
 Soup, fruit
 Fruit juice bar, frozen, sweetened with low calorie sweetener, flavors other than orange
 Fruit, baby food, NFS
 Applesauce with bananas, baby food, strained
 Apples and cranberries with tapioca, baby food, strained
 Apples and cranberries, baby food, junior
 Bananas with tapioca, baby food, NS as to strained or junior
 Bananas with tapioca, baby food, junior

APPENDIX 2 (CONT'D)**GROUP K****FOODS WITH STARCH ONLY (CONT'D)**

Bananas and pineapple with tapioca, baby food, strained
 Bananas and pineapple with tapioca, baby food, junior
 Fruit dessert, baby food, NS as to strained or junior
 Fruit dessert with tapioca, baby food, strained
 Fruit dessert with tapioca, baby food, junior
 Apple yogurt dessert, baby food, strained
 Banana apple dessert, baby food, strained
 Blueberry yogurt dessert, baby food, strained
 Mixed fruit yogurt dessert, baby food, strained
 Cherry cobbler, baby food, junior
 Peach cobbler, baby food, NS as to strained or junior
 Peach cobbler, baby food, strained
 Peach cobbler, baby food, junior
 Cherry vanilla pudding, baby food, strained
 Dutch apple dessert, baby food, strained
 Dutch apple dessert, baby food, junior
 Peach yogurt dessert, baby food, strained
 Pineapple dessert, baby food, NS as to strained or junior
 Pineapple dessert, baby food, strained
 Pineapple dessert, baby food, junior
 Tutti-fruitti pudding, baby food, strained
 Tutti-fruitti pudding, baby food, junior
 White potato, baked, peel eaten, fat added in cooking
 White potato, boiled, without peel, fat added in cooking
 White potato chips, fat free, made with Olean
 White potato, chips, restructured, fat free, made with Olean
 White potato, chips, restructured, baked
 Potato puffs, cheese-filled
 White potato, cooked, with cheese
 White potato, scalloped
 White potato skins, with adhering flesh, fried, with cheese and bacon
 White potato, from fresh, mashed, made with milk and fat
 White potato, from fresh, mashed, made with fat
 White potato, from dry, mashed, made with milk and fat
 White potato, from complete dry mix, mashed, made with water
 Cookie, chocolate, with chocolate filling or coating, fat free
 Chicken fajitas (diet frozen meal)
 Chicken burritos (diet frozen meal)
 Cinnamon Toast Crunch
 Spider-Man, Ralston
 Cookie, chocolate-covered, sugar wafer, creme- or caramel-filled
 Cookie, marshmallow, with rice cereal (no-bake)
 Cookie, marshmallow and peanut butter, with oat cereal (no-bake)
 Cookie, oatmeal, with fruit filling
 Cookie, peanut butter with rice cereal (no-bake)
 Cookie, with peanut butter filling, chocolate-coated
 Cookie, sandwich-type, not chocolate or vanilla
 Cookie, butter or sugar cookie

APPENDIX 2 (CONT'D)**GROUP K****FOODS WITH STARCH ONLY (CONT'D)**

Cookie, butter or sugar cookie, with fruit and/or nuts
 Cookie, sugar wafer
 Cookie, vanilla sandwich
 Cookie, vanilla waffle creme
 Cookie, vanilla wafer, reduced fat
 Roll, sweet, with fruit, frosted, diet
 Roll, rye
 Biscuit, baking powder or buttermilk type, NS as to made from mix, refrigerated dough,
 or
 Biscuit dough, fried
 Biscuit, baking powder or buttermilk type, made from refrigerated dough, lowfat
 Biscuit, baking powder or buttermilk type, made from refrigerated dough
 Cake, cupcake, chocolate, with icing or filling
 Cake, cupcake, not chocolate, with icing or filling
 Veal parmigiana with vegetable, fettuccine alfredo, dessert (frozen meal)
 Chicken dinner, NFS (frozen meal)
 Chicken divan (frozen meal)
 Corn dog (frankfurter or hot dog with cornbread coating)
 Breakfast bar, NFS
 Breakfast bar, cake-like
 Breakfast bar, cereal crust with fruit filling, lowfat
 Breakfast bar, diet meal type
 PowerBar (fortified high energy bar)
 Crackers, graham, higher fat
 Crackers, graham, sandwich-type, with filling
 Cracker, cheese, reduced fat
 Crackers, cylindrical, peanut-butter filled
 Cream puff, eclair, custard or cream filled, NS as to icing
 Cream puff, eclair, custard or cream filled, not iced
 Cream puff, eclair, custard or cream filled, iced
 Turnover or dumpling, apple
 Turnover or dumpling, berry
 Turnover or dumpling, cherry
 Turnover or dumpling, lemon
 Turnover or dumpling, peach
 Danish pastry, with fruit
 Danish pastry, with cheese
 Doughnut, cake type, chocolate
 Doughnut, custard-filled
 Doughnut, chocolate cream-filled
 Doughnut, custard-filled, with icing
 Breakfast tart
 Breakfast tart, lowfat
 Ham, fried, NS as to fat eaten
 Ham, fried, lean and fat eaten
 Ham, breaded or floured, fried, NS as to fat eaten
 Ham, breaded or floured, fried, lean and fat eaten
 Pork roll, cured, fried

APPENDIX 2 (CONT'D)

GROUP K**FOODS WITH STARCH ONLY (CONT'D)**

Bacon, NS as to type of meat, cooked
 Canadian bacon, cooked
 Pork bacon, NS as to fresh, smoked or cured, cooked
 Pork bacon, smoked or cured, cooked
 Pork bacon, smoked or cured, cooked, lean only eaten
 Bacon or side pork, fresh, cooked
 Pork bacon, smoked or cured, lower sodium
 Pork bacon, formed, lean meat added, cooked
 Chicken, breast, with or without bone, breaded, baked or fried, prepared with skin, skin/coating eaten
 Chicken, drumstick, with or without bone, breaded, baked or fried, prepared with skin, skin/coating eaten
 Chicken, thigh, with or without bone, breaded, baked or fried, prepared with skin, skin/coating eaten
 Chicken, fried, with potatoes, vegetable, dessert (frozen meal)
 Chicken, fried, with potatoes, vegetable, dessert (frozen meal, large meat portion)

 Egg, whole, fried
 Chicken, meatless, breaded, fried
 Pie, apple, fried pie
 Pie, apricot, fried pie
 Pie, peach, fried pie
 Pie, cherry, fried pie
 Puffs, fried, crab meat and cream cheese filled
 Rice, fried, with meat and/or poultry
 Milk, imitation, fluid, non-soy, sweetened, flavors other than chocolate
 Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk, sweetened with low calorie sweetener
 Yogurt, chocolate, NS as to type of milk
 Yogurt, chocolate, whole milk
 Yogurt, chocolate, nonfat milk
 Yogurt, frozen, flavors other than chocolate, nonfat milk, with low-calorie sweetener

 Milk beverage, made with whole milk, flavors other than chocolate
 Milk, flavors other than chocolate, whole milk-based
 Milk, malted, fortified, natural flavor, made with milk
 Carry-out milk shake, chocolate
 Carry-out milk shake, flavors other than chocolate
 Instant breakfast, powder, sweetened with low calorie sweetener, milk added w/ 0.02 milk
 Similac Special Care 24, with iron, infant formula, NS as to form
 Pediasure, with iron, infant formula, NS as to form
 Pediasure, with iron, infant formula, ready-to-feed
 Carnation Good Start, with iron, infant formula, NS as to form
 Carnation Good Start, with iron, infant formula, ready-to-feed
 Carnation Good Start, with iron, infant formula, prepared from liquid concentrate
 Carnation Good Start, with iron, infant formula, prepared from powder
 Isomil SF (sucrose-free), with iron, infant formula, ready-to-feed

Isomil SF (sucrose-free), with iron, infant formula, prepared from liquid concentrate

Soyalac, with iron, infant formula, prepared from liquid concentrate

APPENDIX 2 (CONT'D)

GROUP K

FOODS WITH STARCH ONLY (CONT'D)

Soyalaac, with iron, infant formula, prepared from powder
 Carnation Alsoy, with iron, infant formula, NS as to form (formerly I-Soyalaac)
 Carnation Alsoy, with iron, infant formula, ready-to-feed (formerly I-Soyalaac)
 Carnation Alsoy, with iron, infant formula, prepared from liquid concentrate (formerly I-Soyalaac)
 Carnation Alsoy, with iron, infant formula, prepared from powder (formerly I-Soyalaac)

 Nutramigen, with iron, infant formula, NS as to form
 Nutramigen, with iron, infant formula, ready-to-feed
 Nutramigen, with iron, infant formula, prepared from liquid concentrate
 Nutramigen, with iron, infant formula, prepared from powder
 Cocoa (or chocolate) flavored beverage powder with low calorie sweetener, dry mix, not reconstituted
 Milk, malted, dry mix, fortified, not reconstituted, flavors other than chocolate
 Milk beverage, powder, dry mix, not reconstituted, flavors other than chocolate
 Meal replacement, Amway's Nutrilite brand Positrim Drink Mix, powdered nonfat dry milk-based, dry, not reconstituted
 Whipped cream substitute, non-dairy, lowfat, low sugar, made from powdered mix
 Sour cream, imitation (non-dairy)
 Spinach dip, sour cream base
 Ice milk sundae, soft serve, fruit topping (without whipped cream)
 Milk dessert, frozen, nonfat, made with low-calorie sweetener, chocolate
 Milk dessert, frozen, nonfat, made with low-calorie sweetener, flavors other than chocolate
 chocolate Milk dessert, frozen, lowfat, flavors other than chocolate
 Milk dessert, frozen, milk-fat free, flavors other than chocolate
 Milk dessert, frozen, milk-fat free, chocolate
 Milk dessert, frozen, made with low-calorie sweetener, flavors other than chocolate

 Milk dessert, frozen, made with low-calorie sweetener, chocolate
 Milk dessert bar, frozen, made from lowfat milk and low calorie sweetener
 Pudding, NFS
 Pudding, chocolate, ready-to-eat, NS as to from dry mix or canned
 Pudding, chocolate, ready-to-eat, low calorie, containing artificial sweetener, NS as to from dry mix or
 Pudding, flavors other than chocolate, ready-to-eat, NS as to from dry mix or canned
 Pudding, flavors other than chocolate, ready-to-eat, low calorie, containing artificial sweetener, NS as to from
 Pudding, tapioca, chocolate, made with milk w/ skim milk
 Pudding, coconut w/ 0.02 milk
 Pudding, pumpkin
 Pudding, flavors other than chocolate, prepared from dry mix, milk added
 Pudding, chocolate, prepared from dry mix, milk added
 Pudding, flavors other than chocolate, prepared from dry mix, low calorie, containing artificial sweetener, milk
 Pudding, chocolate, prepared from dry mix, low calorie, containing artificial sweetener, milk added W/ 0.02
 Pudding, canned, chocolate, reduced fat
 Pudding, canned, chocolate, fat free
 Pudding, canned, flavors other than chocolate, reduced fat

Pudding, canned, flavors other than chocolate, fat free

APPENDIX 2 (CONT'D)

GROUP K

FOODS WITH STARCH ONLY (CONT'D)

Pudding, canned, flavors other than chocolate
 Pudding, canned, low calorie, containing artificial sweetener, flavors other than chocolate
 Pudding, canned, low calorie, containing artificial sweetener, chocolate
 Pudding, canned, chocolate and non-chocolate flavors combined
 Pudding, canned, tapioca
 Pudding, canned, tapioca, fat free
 Pudding, with fruit and vanilla wafers
 Custard pudding, flavor other than chocolate, baby food, NS as to strained or junior
 Custard pudding, baby food, flavor other than chocolate, strained
 Custard pudding, baby food, flavor other than chocolate, junior
 Parmesan cheese topping, fat free
 Cheese, cottage, with fruit
 Cottage cheese with fruit, baby food, strained or junior
 Cheese, processed cheese product, American or Cheddar type, reduced fat
 Cheese, processed cheese product, American or Cheddar type, reduced fat, reduced sodium
 Cheese, processed cheese product, Swiss, reduced fat
 Cheese spread, NFS
 Cheese spread, American or Cheddar cheese base
 Cheese spread, Swiss cheese base
 Cheese spread, pressurized can
 Imitation cream cheese
 Imitation cheese, American or cheddar type
 Imitation cheese, American or cheddar type, low cholesterol
 Imitation cheese spread
 Imitation mozzarella cheese
 Dip, cream cheese base
 Shrimp dip, cream cheese base
 Dip, cheese with chili pepper (chili con queso)
 Dip, cheese base other than cream cheese
 Cheese sandwich, grilled w/ thin sliced bread, w/ 2 slices american or cheddar imitation cheese,
 Cheese sauce
 Alfredo sauce
 Cheddar cheese soup
 Cheddar cheese soup, canned, undiluted
 Meat, baby food, NS as to type, NS as to strained or junior
 Beef, pickled
 Beef, shortribs, barbecued, with sauce, NS as to fat eaten
 Beef, shortribs, barbecued, with sauce, lean and fat eaten
 Beef, shortribs, barbecued, with sauce, lean only eaten
 Corned beef, cooked, NS as to fat eaten
 Corned beef, cooked, lean and fat eaten
 Beef, bacon, cooked
 Beef, bacon, formed, lean meat added, cooked
 Beef, dried, chipped, uncooked
 Beef jerky

APPENDIX 2 (CONT'D)**GROUP K****FOODS WITH STARCH ONLY (CONT'D)**

Beef, pastrami (beef, smoked, spiced)
 Beef, baby food, strained
 Beef, baby food, junior
 Pork, dehydrated, oriental style
 Ham, smoked or cured, cooked, NS as to fat eaten
 Ham, smoked or cured, cooked, lean and fat eaten
 Ham, smoked or cured, low sodium, cooked, NS as to fat eaten
 Ham, smoked or cured, low sodium, cooked, lean and fat eaten
 Ham, smoked or cured, low sodium, cooked, lean only eaten
 Ham, prosciutto
 Ham, smoked or cured, canned, lean and fat eaten
 Ham, smoked or cured, ground patty
 Pork roast, smoked or cured, cooked, NS as to fat eaten
 Pork, spareribs, barbecued, with sauce, NS as to fat eaten
 Pork, spareribs, barbecued, with sauce, lean and fat eaten
 Pork, spareribs, barbecued, with sauce, lean only eaten
 Pork, pig's feet, pickled
 Pork, pig's hocks, cooked
 Ham, baby food, strained
 Lamb, baby food, strained
 Veal, baby food, strained
 Chicken, canned, meat only, NS as to light or dark meat
 Chicken, canned, meat only, light and dark meat
 Turkey, rolled roast, light or dark meat, cooked
 Chicken, baby food, strained
 Chicken, baby food, junior
 Turkey, baby food, NS as to strained or junior
 Turkey, baby food, strained
 Turkey, baby food, junior
 Cold cut, NFS
 Blood sausage
 Bratwurst, cooked
 Bratwurst, with cheese
 Bologna, NFS
 Bologna ring, smoked
 Bologna, chicken, beef, and pork
 Bologna, beef and pork, lowfat
 Sausage (not cold cut), NFS
 Pork sausage, fresh, bulk, patty or link, cooked
 Pork sausage, brown and serve, cooked
 Pork sausage, country style, fresh, cooked
 Turkey sausage, reduced fat, brown and serve, cooked
 Turkey and pork sausage, fresh, bulk, patty or link, cooked
 Ham, sliced, low salt, prepackaged or deli, luncheon meat
 Ham, sliced, prepackaged or deli, luncheon meat
 Luncheon loaf (olive, pickle, or pimienta)
 Chicken salad spread
 Ham salad spread

APPENDIX 2 (CONT'D)**GROUP K****FOODS WITH STARCH ONLY (CONT'D)**

Roast beef spread
 Flounder, breaded or battered, baked
 Spaghetti sauce with beef or meat other than lamb or mutton, homemade-style
 Chili con carne with beans
 Chili con carne with beans and cheese
 Beef stroganoff
 Creamed chipped or dried beef
 Swedish meatballs with cream or white sauce (mixture)
 Beef with (mushroom) soup (mixture)
 Beef with soy-based sauce (mixture)
 Beef with barbecue sauce (mixture)
 Beef with sweet and sour sauce (mixture)
 Meatballs, Puerto Rican style (Albondigas)
 Stewed dried beef, Puerto Rican style (Tasajo guisado, carne cecina guisada)
 Ham or pork with gravy (mixture)
 Ham or pork with barbecue sauce (mixture)
 Sweet and sour pork
 Ham or pork with (mushroom) soup (mixture)
 Ham or pork with tomato-based sauce (mixture)
 Sausage with tomato-based sauce (mixture)
 Sausage gravy
 Pork or ham with soy-based sauce (mixture)
 Stewed pork, Puerto Rican style
 Stewed goat, Puerto Rican style (Cabrito en fricase, chilindron de chivo)
 Turkey with gravy (mixture)
 Chicken or turkey with (mushroom) soup (mixture)
 Chicken or turkey with barbecue sauce (mixture)
 Sweet and sour chicken or turkey
 Chicken or turkey with cheese sauce (mixture)
 Chicken or turkey cordon bleu
 Lemon chicken, Chinese style
 Shrimp with lobster sauce (mixture)
 Lobster sauce (broth-based)
 Scallops with cheese sauce (mixture)
 Meat with barbecue sauce, NS as to type of meat (mixture)
 Meat with tomato-based sauce (mixture)
 Spaghetti sauce with combination of meats, homemade-style
 Meat with gravy, NS as to type of meat (mixture)
 Beef and potatoes with (mushroom) soup (mixture)
 Corned beef hash
 Beef and macaroni with cheese sauce (mixture)
 Beef stroganoff with noodles
 Beef and noodles with (mushroom) soup (mixture)
 Beef and rice with (mushroom) soup (mixture)
 Porcupine balls with (mushroom) soup (mixture)
 Beef and rice with soy-based sauce (mixture)
 Corned beef patty
 Stewed corned beef, Puerto Rican style ("Corned beef" guisado)

APPENDIX 2 (CONT'D)

GROUP K

FOODS WITH STARCH ONLY (CONT'D)

Meat loaf made with ham (not luncheon meat)
 Ham or pork with stuffing (mixture)
 Sausage and rice with tomato-based sauce (mixture)
 Sausage and rice with (mushroom) soup (mixture)
 Sausage and noodles with cream or white sauce (mixture)
 Ham or pork and rice, no sauce (mixture)
 Ham or pork and potatoes with gravy (mixture)
 Ham or pork and potatoes with cheese sauce (mixture)
 Chicken or turkey and noodles with (mushroom) soup (mixture)
 Chicken or turkey and noodles with cheese sauce (mixture)
 Chicken or turkey tetrazzini
 Chicken or turkey and rice with (mushroom) soup (mixture)
 Clams Casino
 Seafood restructured
 Tuna noodle casserole with (mushroom) soup
 Tuna and rice with (mushroom) soup (mixture)
 Fish and rice with (mushroom) soup w/ sardines
 Hash, NS as to type of meat
 Corned beef, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)
 Corned beef, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)
 Beef, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), (mushroom) soup (mixture)
 Beef, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), (mushroom) soup (mixture)
 Beef, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)
 Beef, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), soy-based sauce (mixture)
 Beef, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), (mushroom) soup (mixture)
 Beef, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), (mushroom) soup (mixture)
 Beef, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), (mushroom) soup (mixture)
 Beef, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), (mushroom) soup (mixture)
 Beef, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)
 Beef, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), soy-based sauce (mixture)
 Sausage, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)
 Sausage, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)
 Pork, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)

APPENDIX 2 (CONT'D)**GROUP K****FOODS WITH STARCH ONLY (CONT'D)**

Pork, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy),
 gravy (mixture)

Sweet and sour pork with rice

Veal fricassee, Puerto Rican style (ternera en fricase)

Chicken or turkey, rice, and vegetables (including carrots, broccoli, and/or dark-
 green leafy), gravy (mixture)

Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-green
 leafy), gravy (mixture)

Chicken or turkey, rice, and vegetables (including carrots, broccoli, and dark-green
 leafy), (mushroom) soup (mixture)

Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and/or dark-
 green leafy), (mushroom) soup (mixture)

Chicken or turkey, rice, and vegetables (including carrots, broccoli, and dark-green
 leafy), cheese sauce (mixture)

Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-green
 leafy), cheese sauce (mixture)

Seafood stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green
 leafy), tomato-base sauce

Shrimp chow mein or chop suey with noodles

Fish, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy),
 cheese sauce (mixture)

Seafood stew with potatoes and vegetables (including carrots, broccoli, and/or dark-
 green leafy), tomato-base sauce

Tuna noodle casserole with vegetables and (mushroom) soup

Chow mein or chop suey, various types of meat, with noodles

Stewed tripe, Puerto Rican style, with potatoes (Mondongo)

Jambalaya with meat and rice

Beef and vegetables (including carrots, broccoli, and/or dark-green leafy (no
 potatoes)), no sauce (mixture)

Beef and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)),
 no sauce (mixture)

Beef with vegetables (including carrots, broccoli, and/or dark-green leafy (no
 potatoes)), (mushroom) soup (mixture)

Beef with vegetables (excluding carrots, broccoli, and dark-green leafy (no
 potatoes)), (mushroom) soup (mixture)

Beef and vegetables (including carrots, broccoli, and/or dark-green leafy (no
 potatoes)), soy-based sauce (mixture)

Beef and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)),
 soy-based sauce (mixture)

Pepper steak

Beef salad

Ham or pork salad

Greens with ham or pork (mixture)

Moo Shi Pork

Pork and onions with soy-based sauce (mixture)

Sausage and vegetables (excluding carrots, broccoli, and dark-green leafy (no
 potatoes)), tomato-based sauce (mixture)

APPENDIX 2 (CONT'D)

GROUP K

FOODS WITH STARCH ONLY (CONT'D)

Pork and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)

Pork and vegetables (excluding carrots, broccoli, and dark- green leafy), soy-based sauce (mixture)

Chicken or turkey and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce

Chicken or turkey and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce

General Tso chicken

Kung pao chicken

Almond chicken

Chicken or turkey salad

Chicken or turkey and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), cheese sauce

Chicken or turkey and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), cheese sauce

Crab salad

Lobster salad

Salmon salad

Shrimp chow mein or chop suey, no noodles

Tuna salad

Shrimp salad

Tuna salad with cheese

Tuna salad with egg

Crab salad made with imitation crab

Shrimp and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce (mixture)

Shrimp and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)

Tuna casserole with vegetables and (mushroom) soup, no noodles

Shellfish mixture and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-base sauce

Fish and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce (mixture)

Fish and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)

Meat sandwich, NFS

Beef barbecue or Sloppy Joe, on bun

Beef barbecue submarine sandwich, on bun

Cheeseburger with mayonnaise or salad dressing, tomato and bacon, on bun

Double bacon cheeseburger (2 patties, 1/4 lb meat each), on bun

Bacon cheeseburger, 1/4 lb meat, with tomato and/or catsup, on bun

Double bacon cheeseburger (2 patties, 1/4 lb meat each), with mayonnaise or salad dressing and

Bacon cheeseburger, 1/4 lb meat, with mayonnaise or salad dressing and tomatoes, on bun

Cheeseburger (hamburger with cheese sauce), 1/4 lb meat, with grilled onions, on rye bun

APPENDIX 2 (CONT'D)**GROUP K****FOODS WITH STARCH ONLY (CONT'D)**

Meatball and spaghetti sauce submarine sandwich, on roll
 Reuben sandwich (corned beef sandwich with sauerkraut and cheese), with spread
 Roast beef sandwich with bacon and cheese sauce
 Steak sandwich, plain, on biscuit
 Gyro sandwich (pita bread, beef, lamb, onion, condiments), with tomato and spread
 Bacon and cheese sandwich, with spread
 Bacon, chicken, and tomato club sandwich, with lettuce and spread
 Bacon and egg sandwich
 Bacon, lettuce, and tomato sandwich with spread
 Bacon, chicken, and tomato club sandwich, on multigrain roll with lettuce and spread
 Bacon on biscuit
 Ham and cheese sandwich, with spread, grilled
 Pork, barbecue sauce, onions and dill pickles on white roll
 Pork barbecue or Sloppy Joe, on bun
 Ham and tomato club sandwich, with lettuce and spread
 Chicken sandwich, with spread
 Chicken barbecue sandwich
 Chicken patty sandwich, with lettuce and spread
 Chicken fillet, (broiled), sandwich, on whole wheat roll, with lettuce, tomato and spread
 Chicken fillet, broiled, sandwich, with lettuce, tomato, and non-mayonnaise type spread
 Turkey sandwich, with gravy
 Fish sandwich, on bun, with spread
 Fish sandwich, on bun, with cheese and spread
 Tuna salad sandwich, with lettuce
 Tuna salad sandwich
 Tuna salad submarine sandwich, on roll, with lettuce
 Bologna and cheese sandwich, with spread
 White potato, stuffed, baked, peel eaten, stuffed with meat in cream sauce
 White potato, stuffed, baked, peel eaten, stuffed with bacon and cheese
 White potato, stuffed, baked, peel not eaten, stuffed with bacon and cheese
 White potato, stuffed with ham, broccoli and cheese sauce, baked, peel eaten
 Potato salad with egg
 Potato salad, German style
 Potato Salad
 Potato soup, NS as to made with milk or water
 Potato soup, prepared with milk
 Potato soup, prepared with water
 Potato soup, instant, made from dry mix
 Vichyssoise soup
 Spinach, cooked, from frozen, with cheese sauce
 Spinach and cheese casserole
 Broccoli, cooked, from fresh, fat added in cooking
 Broccoli, cooked, from frozen, fat added in cooking
 Broccoli, cooked, from fresh, with cheese sauce
 Broccoli casserole (broccoli, rice, cheese, and mushroom sauce)
 Broccoli cheese soup, prepared with milk

APPENDIX 2 (CONT'D)**GROUP K****FOODS WITH STARCH ONLY (CONT'D)**

Carrots, raw, salad
 Carrots, raw, salad with apples
 Carrots, cooked, from fresh, fat added in cooking
 Sweetpotato with fruit
 Spaghetti sauce
 Spaghetti sauce with meat, canned, no extra meat added
 Spaghetti sauce, low sodium
 Spaghetti sauce, fat free
 Barbecue sauce
 Barbecue sauce, low sodium
 Sofrito, Puerto Rican seasoning
 Tomato soup, instant type, prepared with water
 Tomato beef soup, prepared with water
 Tomato beef noodle soup, prepared with water
 Tomato vegetable soup, prepared with water
 Tomato sandwich
 Broccoli salad with cauliflower, cheese, bacon bits, and dressing
 Cabbage salad or coleslaw, with dressing
 Cabbage salad or coleslaw with apples and/or raisins, with dressing
 Cabbage salad or coleslaw with pineapple, with dressing
 Cucumber salad with creamy dressing
 Lettuce, wilted, with bacon dressing
 Seven-layer salad (lettuce salad made with a combination of onion, celery, green pepper, peas, mayonnaise,
 Asparagus, cooked, from fresh, fat added in cooking
 Beans, string, green, cooked, from frozen, fat added in cooking
 Cabbage, green, cooked, fat added in cooking
 Corn, NS as to form, NS as to color, cream style
 Corn, from canned, NS as to color, cream style
 Corn, yellow, cooked, from canned, fat added in cooking
 Corn, yellow, NS as to form, cream style
 Corn, yellow, from canned, cream style
 Corn, yellow, NS as to form, cream style, fat added in cooking
 Corn, yellow, from canned, cream style, fat added in cooking
 Corn, white, ns as to form, cream style
 Corn, white, from canned, cream style
 Peas, green, cooked, from fresh, fat added in cooking
 Peas, green, cooked, from frozen, fat added in cooking
 Peas, green, cooked, from canned, fat added in cooking
 Squash, summer, cooked, from fresh, fat added in cooking
 Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, from frozen, fat added
 Vegetable combinations (broccoli, carrots, corn, cauliflower, etc.), cooked, fat added in cooking
 Vegetable and pasta combinations with cream or cheese sauce (broccoli, pasta, carrots, corn, zucchini, peppers,
 Beans, lima, immature, cooked, from canned, with mushroom sauce
 Beans, string, green, cooked, NS as to form, with mushroom sauce

APPENDIX 2 (CONT'D)**GROUP K****FOODS WITH STARCH ONLY (CONT'D)**

Beans, string, green, cooked, from fresh, with mushroom sauce
 Beans, string, green, cooked, from frozen, with mushroom sauce
 Beans, string, green, cooked, from canned, with mushroom sauce
 Beets with Harvard sauce
 Cauliflower, from frozen, creamed
 Mushrooms, stuffed
 Pea salad
 Pea salad with cheese
 Peas, cooked, from fresh, with mushroom sauce
 Chop suey, meatless
 Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, with soy-based sauce
 Vegetable combination (excluding carrots, broccoli, and dark-green leafy), cooked, with soy-based sauce
 Vegetable combinations (including carrots, broccoli, and/or dark-green leafy), cooked, with cheese sauce
 Vegetable combinations (excluding carrots, broccoli, and dark-green leafy), cooked, with cheese sauce
 Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, with butter sauce
 Asparagus soup, cream of, NS as to made with milk or water
 Asparagus soup, cream of, prepared with milk
 Celery soup, cream of, NS as to made with milk or water
 Celery soup, cream of, prepared with milk w/ whole milk
 Celery soup, cream of, prepared with water
 Celery soup, cream of, canned, undiluted
 Corn soup, cream of, prepared with water
 Leek soup, cream of, prepared with milk
 Mushroom soup, NFS
 Mushroom soup, cream of, prepared with milk
 Mushroom soup, cream of, prepared with water
 Mushroom soup, canned, undiluted
 Mushroom soup, with meat broth, prepared with water
 Mushroom soup, cream of, prepared with water, low sodium
 Mushroom soup, cream of, NS as to made with milk or water
 Mushroom soup, cream of, canned, NS as to made with milk or water, reduced sodium
 Mushroom soup, cream of, canned, prepared with milk, reduced sodium
 Mushroom soup, cream of, canned, prepared with water, reduced sodium
 Mushroom soup, cream of, canned, undiluted, reduced sodium
 Onion soup, French
 Pea soup, canned, prepared with water, low sodium
 Vegetable soup, cream of, prepared with milk
 Vegetable soup, canned, low sodium, prepared with water or ready-to-serve
 Vegetable soup, made from dry mix
 Vegetable soup, dry mix, not reconstituted
 Vegetable soup, cream of, made from dry mix, low sodium, prepared with water
 Vegetable bean soup, prepared with water or ready-to-serve
 Vegetable chicken soup, canned, prepared with water, low sodium

APPENDIX 2 (CONT'D)

GROUP K

FOODS WITH STARCH ONLY (CONT'D)

Vegetable noodle soup, canned, reduced sodium, prepared with water or ready-to-serve

Vegetable beef soup, chunky style

Vegetable broth, bouillon

Beans, green string, creamed, baby food, junior

Vegetable and bacon, baby food, junior

Vegetable and ham, baby food, junior

Potatoes with cheese and ham, baby food, toddler

Stuffed tannier fritters, Puerto Rican style (Alcapurrias)

Stuffed cabbage, with meat, Puerto Rican style (Repollo relleno con carne) w/ all pork

Puerto Rican stew (Sancocho)

Margarine-like spread, made with yogurt, stick, salted

Margarine-like spread, reduced calorie, about 40% fat, tub, salted

Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted

Margarine-like spread, reduced calorie, about 40% fat, stick, salted

Margarine-like spread, reduced calorie, about 20% fat, tub, salted

Margarine-like spread, reduced calorie, about 20% fat, tub, unsalted

Butter replacement, fat-free powder

Bacon grease or meat drippings

Orange sauce (for duck)

Sandwich spread

Tartar sauce

Tartar sauce, low calorie

Bacon dressing (hot)

Bacon and tomato dressing

Caesar dressing

Coleslaw dressing

Honey mustard dressing

Mayonnaise, made with yogurt

Mayonnaise, imitation

Mayonnaise, imitation, cholesterol free

Mayonnaise-type salad dressing

Mayonnaise-type salad dressing, cholesterol-free

Creamy dressing, made with sour cream and/or buttermilk and oil

Yogurt dressing

Blue or roquefort cheese dressing, reduced calorie, fat-free, cholesterol-free

French dressing, reduced calorie, fat-free, cholesterol-free

Mayonnaise-type salad dressing, fat-free

Mayonnaise, low-calorie or diet

Mayonnaise, low-calorie or diet, low sodium

Mayonnaise, reduced calorie or diet, cholesterol-free

Mayonnaise-type salad dressing, low-calorie or diet

Mayonnaise-type salad dressing, low-calorie or diet, cholesterol-free.

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free

Topping, marshmallow

Topping, peanut butter, thick, fudge type

Topping, chocolate flavor, fat free
Sweet and sour sauce

APPENDIX 2 (CONT'D)

GROUP K**FOODS WITH STARCH ONLY (CONT'D)**

Fruit sauce
 Plain dessert sauce
 Duck sauce
 Gelatin powder, dietetic, sweetened with low calorie sweetener, dry
 Gelatin dessert, dietetic, sweetened with low calorie sweetener
 Gelatin dessert, dietetic, with fruit, sweetened with low calorie sweetener
 Gelatin dessert, dietetic, with fruit and vegetable(s), sweetened with low calorie sweetener
 Gelatin dessert, dietetic, with fruit and whipped topping, sweetened with low calorie sweetener
 Ice pop, sweetened with low calorie sweetener
 Bar None
 Gumdrops, chocolate covered
 Licorice
 Marshmallow
 Marshmallow, chocolate covered
 Marshmallow, candy-coated
 Marshmallow, coconut-coated
 M & M's Peanut Chocolate Candies
 M & M's Peanut Butter Chocolate Candies
 Gumdrops
 Skittles
 Sugar-coated chocolate discs
 M & M's Plain Chocolate Candies
 Sixlets
 Taffy
 Coffee and cocoa (mocha), made from powdered instant mix, with whitener and low calorie sweetener
 Coffee, made from powdered instant mix, with whitener and low calorie sweetener
 Coffee and cocoa (mocha), made from powdered instant mix, with whitener and low calorie sweetener,
 Coffee, decaffeinated, with cereal
 Coffee and cocoa (mocha) mix, dry instant powder, with whitener and low calorie sweetener, decaffeinated
 Coffee, dry instant powder, with whitener and low calorie sweetener
 Postum
 Cereal beverage
 Cereal beverage with beet roots, from powdered instant
 Postum, dry powder
 Tea, NS as to type, presweetened with low calorie sweetener
 Tea, NS as to type, decaffeinated, presweetened with low calorie sweetener
 Tea, made from powdered instant, presweetened with low calorie sweetener
 Tea, made from powdered instant, decaffeinated, presweetened with low calorie sweetener
 Lemonade, low calorie
 Orange breakfast drink, made from frozen concentrate
 Fruit-flavored drink, made from sweetened powdered mix (fortified with vitamin C)
 Lemonade-flavored drink, made from powdered mix, with sugar and vitamin C added
 Lemonade-flavored drink, made from powdered mix, low calorie, with vitamin C added

APPENDIX 2 (CONT'D)

GROUP K

FOODS WITH STARCH ONLY (CONT'D)

Fruit-flavored drink, made from powdered mix, mainly sugar, with high vitamin C added

Orange breakfast drink, low calorie

Fruit-flavored drink, non-carbonated, made from powdered mix, with sugar

Fruit-flavored drink, non-carbonated, made from low calorie powdered mix

Root beer, noncarbonated, made from powdered mix, with sugar

Tang, dry concentrate

Fruit-flavored concentrate, dry powder, with sugar and vitamin C added

Fruit-flavored beverage, dry concentrate, low calorie, not reconstituted

stewed dry lima beans, puerto rican style

Ice cream bar or stick, chocolate or caramel covered, with nuts

Ice cream sandwich

Atole (corn meal beverage)

Corn beverage with chocolate and milk (Champurrado, Atole de Chocolate)

Mole poblano (sauce)

Ice cream bar or stick, chocolate covered

Bologna sandwich, with spread

GROUP L

NO SIMILAR FOODS (MEAL AND FLOUR RESIDUES DIRECTLY APPLIED)

Ice cream bar or stick, chocolate or caramel covered, with nuts

Ice cream sandwich

Atole (corn meal beverage)

Corn beverage with chocolate and milk (Champurrado, Atole de Chocolate)

Mole poblano (sauce)

Ice cream bar or stick, chocolate covered

Bologna sandwich, with spread